

Mother & Baby

MARCH 2015
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YOUR BABY

Sleep

THROUGH

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really work!

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HAVE GREAT
SEX WHILE
PREGNANT
YES, YES, YES!

EXCLUSIVE!

'MY BOOBS HAVE
GONE UP THREE SIZES'

Rebecca Adlington kicks off
her pregnancy diary

The Love Issue

♥ 9 fun ways to get even closer to your little one

♥ Read your baby's body language in seconds

♥ The surprising secret to brilliant bonding



“She was so little and her skin so delicate.

When I first held her, I was amazed by all those tiny folds, and her skin made me feel nervous because it was almost translucent! At that point, I really appreciated any help I could get, I just wanted the best care for her. Because she's everything to me.”



**Unbeatable protection and care
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Pampers New Baby Sensitive are clinically tested to be mild on newborn skin. They combine both dryness and softness for your newborn, and include up to **50% more skincare ingredients***. Together with New Baby Sensitive Wipes, they offer our best care for your new baby's delicate skin.

*Compared to Pampers New Baby nappies.


lovesleep&play

Mother&Baby Welcome

EXPERT ADVICE

The help starts
right here...



MANDY GURNEY

Sleep advisor

'Prepare early for the clocks going forward by putting your baby to bed and waking her up a few minutes earlier each week. A gradual change is easier for her to manage.'



MICHELLE LYNE

Midwife

'To calm anxious moments in the run-up to your due date, try this exercise. Take three deep breaths, then be aware of your toes, then your feet and slowly work your way up your body.'



LIZ BAYRAM

Childcare expert

'On the way to nursery, chat about interesting things you spot on the way. This will distract your child from thinking about the impending separation.'



As a mum, you'll know what the measure of real love is. Forget hearts and flowers – it's about eating iron-rich spinach despite the morning sickness, finding a last ounce of please-go-to-sleep patience at 2 o'clock in the morning, and playing peek-a-boo *again* when you'd really rather play dead. It's all these tiny acts of selfless love that sew the patchwork of your little one's life.

No one will ever feel such a close connection with your baby as you do, and our bonding guide (page 61) will elevate it even further. If you're still at the bump stage, discover how your body is already busy helping you bond with your baby (page 34). And share the heart-squeezing story of a mother's love whose bond with her infant took time to develop (page 42).

Oh, and do try the essential sleep habits (page 47) – if anything is ever going to help your baby sleep through the night then these will. It's never easier to feel the full force of a mother's love when your baby is safely asleep...

The Mother&Baby Team



ON THE COVER

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greatmagazines.co.uk



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you to bond with
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The best
supermarket
bargain this month!
Asda's Train Set In A Tin, £10



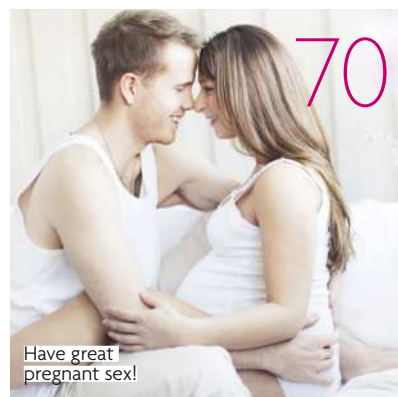
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Spot the
little signs
that indicate
huge leaps in
your baby's
development



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comfiest
breastfeeding
position

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Have great
pregnant sex!

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Adlington's
pregnancy
diary

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The power of soft.



Snap Happy

Have you taken a photo that makes you smile? Share it with your M&B friends!



'Imogen is the smiliest baby ever! She's six months old now and utterly gorgeous!'

WANG LI LOTINGA, LONDON



'My little boy Arlo surprised us by arriving six weeks early, weighing just 4lbs 1oz. He's now seven months old, 12lbs 5oz and growing fast. He's my little star!'

BECKY KENDALL, CAMBRIDGESHIRE



'This photo melts a little bit of my heart every time I look at it. My 19-month-old daughter Freya looks so innocent, just how I'd pictured she'd look when I was pregnant.'

CHLOE TAYLOR, ARGYLL



'Here's my little girl Elizabeth, 23 months, and son George, four. They love each other so much and are always hugging each other, which is heart-warming to see – and beyond adorable!'

MELANIE HUDSON, LINCOLNSHIRE

'Three generations of the Hill family! I love this picture of my 20-month-old Mason, Daddy and Grampy. I'm going to take the same picture every year to see how it changes.'

JESS HILL, ESSEX



SEND US YOUR PHOTOS!

Email share@motherandbaby.co.uk and put 'snap happy' in the subject box. Please include your name and location, your baby's name and age, and tell us why your photo makes you smile.



'This is our first family wedding with our little ones, Sophia, two and a half, and Noah, six months.'

LEANNE AND RICHIE BROWN,
CAMBRIDGESHIRE



'My son Max is six weeks old and my heart is so full that it could actually explode.'

ASHLEY CLOWES,
HERTFORDSHIRE



'This makes me smile because Blake, three, and my partner Kobe are my two favourite people.'

JOANNE SOFFER, GTR MANCHESTER



'Me on my due date – a week ago! We're still waiting...'

EMMA PHILLIPS, DENBIGHSHIRE

OMG!

Your little one will surprise you every day!

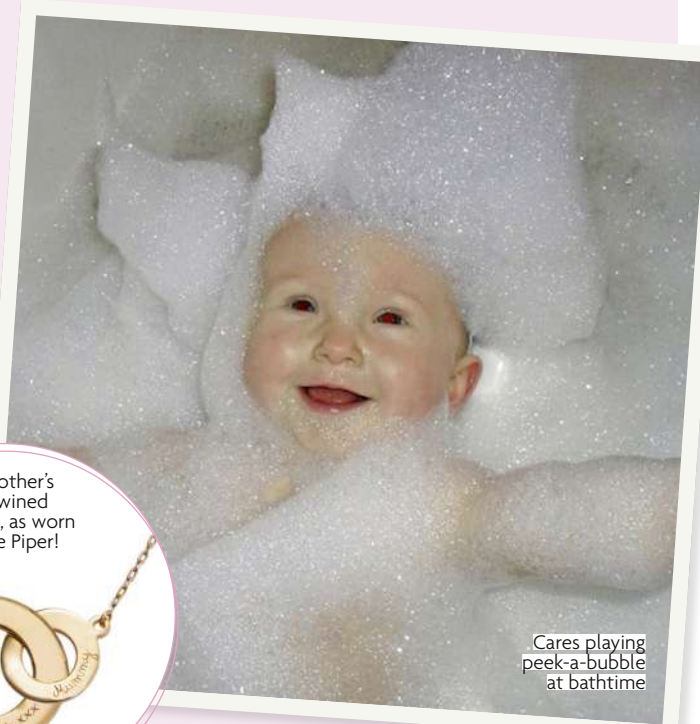
This month's OMG winner is six-month-old Cares Thomas from Pembrokeshire. 'I used a bit too much bubble bath and Cares went a bit mad with it!' says mum Jodi. 'She's got such a cheeky and lovable personality!'

Jodi wins a Mother's Personalised Gold Plated Intertwined Necklace, worth £89, from mercimamanboutique.com. Representing the unbreakable bond between a mother and her children, the interlinked circles are hand-engraved in the UK.

● Do you have an OMG photo of your little one? Share it with M&B and, if it's printed, you too will be rewarded. Email your photo to share@motherandbaby.co.uk and put 'OMG' in the subject box.



The Mother's Intertwined Necklace, as worn by Katie Piper!



Cares playing peek-a-bubble at bathtime



Ready for a new smile?

For more opportunities to get pregnant naturally try Clearblue Digital Ovulation Test with Dual Hormone Indicator. It's **the only test** that tracks 2 key fertility hormones to typically identify **4 or more fertile days**¹.



www.clearblue.com

Clearblue Digital Ovulation Test with Dual Hormone Indicator identifies more opportunities than other ovulation tests. ¹In a study of 87 women, 4 or more fertile days were identified in 80% of cycles using actual cycle length. Read instructions before use. ©2014 SPD Swiss Precision Diagnostics GmbH. All rights reserved.

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Over To

Something to say? We **love** to hear your views!

You...



LETTER OF THE MONTH

A GLIMMER OF HOPE

I wanted to thank you for your article *When Love Takes Time* (M&B March). When my 16-month-old, Isobel, was born, it never occurred to me that I might not instantly love my child. But the rush of love wasn't there. It wasn't there the day after, or the day after that. In fact, it wasn't there until she had her first injections eight weeks later. I'd thought something was wrong with me!

Isobel was a difficult baby and I think I had postnatal depression. Our moment came after her first injections. As I comforted her, her tiny hands grabbed my hair. I pulled her towards me and told her I'd make it better. I felt a bolt through my

chest – the love was undeniable. I hope other mums and dads who feel they are suffering have the support and love of others. It does get better. The love I feel for Isobel now can't be shaken.

NICOLA PHILLIPS, VIA EMAIL

● Nicola wins a personalised Mother's Infinity Necklace, symbolising a mother's love, respect and devotion. It's hand-engraved in the UK. From £79, mercimamanboutique.com. Email your letter and pic to share@motherandbaby.co.uk



LEARN TO LOVE YOUR NEW LIFE AS A MUM

Giving birth and becoming a mum is undoubtedly the hardest thing I've ever done. At first I was desperate for just one night of uninterrupted sleep to

glamorous than it was before, with a mix of changing dirty nappies and breast-milk stains on my tops!

recover from giving birth. Everything seemed terrifying. Now life is less

I think it takes around six weeks to adjust to having a child. At first I doubted my abilities. Now my baby is nearly 10 weeks old and the smile she brings to everyone's face makes all the tears worth it. She lights up my world and I wouldn't change that for anything.

CAZZA EYLO, VIA FACEBOOK





Big sister Hollie with baby Georgia and Mum Vicky

BIG SISTERLY LOVE

I want to tell you about my beautiful and brave daughter Hollie, who's three. Born six weeks early, she's had her share of hospital visits and has understandably developed a bit of a fear. But Hollie's

biggest hurdle came after the birth of her sister Georgia in October last year.

Aged seven weeks, Georgia was admitted into hospital with breathing difficulties. This happened to be on Hollie's third birthday. Georgia was transferred to intensive care for eight days while she fought two infections and a collapsed lung. This hit Hollie hard, as my husband and I had to stay over at the hospital while she was looked after by my parents.

I'm happy to say that after two weeks in care, Georgia was discharged and is now a healthy, happy 16-week-old who is adored by her big sister. Hollie took it all in her stride and I couldn't be more proud of her.

VICKY WILLIAMS, VIA EMAIL

RELAX MORE, WORRY LESS!

After wasting the first year of my daughter Ruby's life fretting, I'd like to advise mums to stop worrying. I was constantly thinking about what she was eating, how she was sleeping and whether she was developing properly. I look back at

photos and realise I barely remember the first year, which should be the most wonderful, because I was so stressed. Remember to just go with the flow, otherwise you'll miss out on so many



The lovely Ruby

positive experiences.

ELEANOR AMELIA CORLESS,
VIA FACEBOOK

WEANING LESSONS

I loved the *Weaning Special* (M&B February). It taught me so much. I'd forgotten how messy it can be!

REBEKAH, VIA FACEBOOK

BIG TEST

The Big Test (M&B March) helped me choose the right travel system to suit my baby's needs. Thanks!

JESSICA, VIA EMAIL

What are your child's funniest made-up words?

'I see you baby... chicken and eggs!' to the Groove Armada song. Better than 'shaking that ass'!

AMY KEEGAN, VIA FACEBOOK

'Daddy has a "ding ding" and Mummy has a "ming ming." That has been shouted across a shop!

NAT, VIA FACEBOOK

Breakfast is always 'butt-kiss'.

RHIAN COURTNEY-BUTSON, VIA FACEBOOK

My 16-month-old says 'ugly' instead of 'uncle'.

LISA RICHARDSON-BROOME, VIA FACEBOOK

He calls his flannel 'fanny'. It's hard to keep a straight face!

SAM METCALF, VIA FACEBOOK

M&B NEEDS YOU!

TELL US WHAT

YOU THINK about this issue, your little one or your life as a new mum. Or share your best parenting tips with other readers. Email share@motherandbaby.co.uk and put 'over to you' in the subject box.

SEND US YOUR PHOTOS

There's nothing we like more than a cute baby photo! Email share@motherandbaby.co.uk and put 'snap happy' in the subject box. Don't forget to include your little one's name and age.

TELL US YOUR BIRTH STORY

Would you like to share your birth experience with other readers? Email share@motherandbaby.co.uk and put 'my birth story' in the subject box.


SHARE YOUR EXPERIENCE

of motherhood. Have you been through tough times as a mum? Would reading about your experience help other mothers in the same position? Or is there something different about your experience of motherhood that you'd like to share with other readers? We'd love to hear your story, and we'll pay for every life story we publish. Email share@motherandbaby.co.uk and put 'my life story' in the subject box.

ASK OUR EXPERTS A QUESTION

The M&B experts will answer a selection of questions every month in *Ask Mother&Baby*. Email ask@motherandbaby.co.uk

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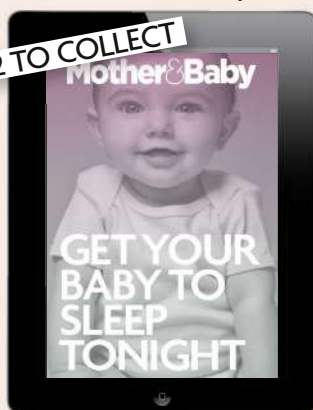
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iBooks

Whether you're looking for a baby name or need a sleep solution, our iBooks can help

2 TO COLLECT



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Sign up to **Mother & Baby Delivers.** Our free weekly email newsletter is the perfect nap-sized treat. Visit motherandbaby.co.uk/newsletter

Join in

Be healthy and happy with us this month... join the M&B community for the latest news and conversation



digital edition



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Childs Farm



Unilever

No.1 for sensitive skin*



Proven Skin Kindness

*Based on Nielsen defined non-bio segment volume share for 52-week period ending August 21st 2014 (UK and Ireland)



Just
two beakers
give your toddler
100%
of their daily
vitamin D



Little ones love playing outside. Our weather won't stop them having fun, but it could stop them getting 100% of the vitamin D they need for normal bone development. Introducing Cow & Gate Growing Up milk. Find out more at cowandgate.co.uk/products.

The Reference Nutrient Intake (RNI) for Vitamin D is 7mcg/day. 2x150ml provides 132% (9.3mcg/day) of the RNI. Use as part of a balanced diet.

upfront

M&B

NEWS | VIEWS | STUFF YOU NEED TO KNOW

Men experience psychological changes as they prepare to become fathers

Dads Get Hormonal Too!

IMPENDING PARENTHOOD brings fluctuating hormone levels for dads as well as mums, according to new research by the University of Michigan.

It's been found that testosterone levels in men decrease as their partners' pregnancies progress, which could make dads-to-be more caring, less prone to confrontation,

less interested in sex and less likely to stray from their relationship. Proof then that it's not just us mums dealing with the hormone roller coaster of late pregnancy!

We suggest you and your partner help take your minds off those erratic hormonal ups and downs together with some new-father shopping therapy?

We really love the cool new range of dad-inspired babygros from Spoilt Rotten. Available in sizes from 0-18 months, our favourite features a tie. £14.99, spoiltrotten.com



Chatting promotes
problem-solving skills

It's Good To Talk

DO YOU FEEL silly chatting to your baby when she can't talk back? Well don't, because researchers have shown that talking to your little one as you go about your everyday chores is an important way of developing her communication skills. Researchers at the University

of Limerick say it could even help more than reading a book at bedtime. A recent study from the Economic and Social Research Institute found that a parent's absent-minded conversations with their baby is four times more effective at improving their child's communication skills

than bedtime reading. Reading remains an important part of supporting your baby's development but the study showed that chatting to her is three times better at improving her problem-solving abilities. So carry on nattering to your youngster.

£40m

That's how much researchers say the NHS could save a year if more women breastfed their children for seven to 18 months. A study by Brunel University claims the savings would come from a reduction in childhood illnesses and breast cancer in mums.



Child's Umbrella

Skip Hop's new owl Zoobrella has a peek-a-boo window that toddlers will love in the rain, £15, maguari.com

MUM-TIONARY

Splash Stash

Noun

The spare trousers you carry around for when your little one jumps in a puddle and complains they're soaking. Again. And again.

Usage: 'Time to go in the buggy – I've used up my Splash Stash.'



CBEEBIES LIVE JUSTIN AND FRIENDS

Mr Tumble's circus is coming to town! Justin Fletcher is bringing a host of his favourite characters to his live arena tour. Starting in Cardiff on 1 April and finishing in Manchester a fortnight later, it's the perfect Easter treat for toddlers. Visit cbeebieslive.com for dates and venues.

IT'S OFFICIAL, DADS CAN MULTITASK!

The brain of a new dad goes through major changes when he spends time with his newborn, scientists have discovered. Researchers at Yale University scanned the brains of 16 new fathers at different stages of their young child's life. They found development in parts of the brain linked to detecting babies' needs and improved multitasking. They concluded that dads involved in bringing up children adapt fast and become as suited to parenthood as mothers. But it's not all good news. The scientists also discovered that dads experience memory loss and poorer decision-making.



Bath Thermometer
We love products that can do two jobs.

This thermometer can be used in your baby's room and in her bath too. **Finn the Bath & Room Thermometer**, £14.99, mothercare.com



WEIGHTY ACHIEVEMENT

Babies with a high birth weight perform better at school than those with a lower one, according to American scientists. A study published in December showed that even among twins, those with the greater birth weight would go on to achieve better academic results than their smaller sibling. Take heart if your baby is on the smaller side – scientific genius Sir Isaac Newton weighed 3lb at birth!

NO SMOKE WITHOUT FIRE

The Government looks set to ban people with under-18s in a vehicle from smoking. If passed, the suggested legislation would come into force in October 2015.



'The most important lesson you can teach your child is to look in the mirror and see something beautiful'

PRESENTER KATIE PIPER, MUM TO BELLE ELIZABETH, 12 MONTHS

KEY TRENDS BOYS' STRIPED LEGGINGS



£6
marksandspencer.com



£7
mothercare.com



£10
jojomamanbebe.co.uk



£10
bladeandrose.co.uk



£14
polarnopyret.co.uk



MONTH

Keira Knightley

HER Out and about in New York
YOU Shopping trip



Beanie, £10,
f-f.com



Sweater, £8,
boohoo.com



Bag, £20,
asos.com



Coat, £98,
topshop.com



Dungarees, £29.99,
newlook.com



Converse, £45,
schuh.co.uk

Overalls are
on trend and
more waist
friendly than
jeans



MONTHS

Una Foden

HER Performing with The Saturdays
YOU A night out



Maternity jeans,
£42, topshop.com



Heels, £39.99,
hm.com



Sequin cami, £17.99,
newlook.com



MONTHS

Molly Sims

HER At a charity event in Beverley Hills
YOU Out for dinner



Bracelet, £20,
topshop.com



Necklace, £12,
accessorize.com



Dress, £49,
seraphine.com



Heels, £59.95,
modainpelle.com

Three, Six, Nine

Our favourite mums-to-be give style inspiration, whatever trimester you're in...

NEW

When the cloud of colic strikes...



Help calm the storm of colic, for you and your baby. Nelsons® Colica® Colic Granules are specially formulated to help relieve the symptoms of colic.

A homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of colic in babies over one month of age. Contains *Citrullus colocynthis* 30c and *Dioscorea villosa* 30c.



Always read the label.



The natural choice for parents.

Now available from selected Boots, supermarkets and independent pharmacies or visit www.nelsonsbaby.com to find out more.

Dry nights make giggly mornings.



Up to **12** hours of **dryness**

When your baby wakes up giggling, it's a sure sign they've had a dry night's sleep. And to ensure every morning is a giggly one, all your baby needs is your love and a nappy that keeps them dry. *Pampers*® have Micro Pearls™ that absorb up to 30 times their weight, and lock in wetness better than ordinary nappies. For many giggly mornings.



UK Mums'
No.1
trusted brand
for dryness*


Pampers.
lovesleep&play

*87% of 1138 respondents.

Pregnancy Nutritionist

Mums-to-be should weigh up the evidence before avoiding certain foods



JO TRAVERS IS A REGISTERED DIETICIAN AND NUTRITIONIST WHO BASES HER ADVICE ON THE LATEST SCIENTIFIC RESEARCH

A RECENT STUDY SUGGESTED THAT the children of mums who eat lots of fatty foods in pregnancy are likely to be obese. It is a really interesting area of study, but it's also extremely difficult to research. The researchers tested mice because you can't deliberately make a mum-to-be eat fatty foods!

THERE'S OFTEN LITTLE EVIDENCE

when mums-to-be are told not to consume something. There isn't much evidence to say you should completely avoid alcohol when pregnant. In France you can eat mould-ripened cheese, but in England mums are told not to. I'd like to see more research to establish the facts.

PREGNANT WOMEN SHOULD

make their own judgement call after looking at all the evidence. For example, we are told not to eat runny eggs, but that advice was given when lots of eggs had salmonella. Today, there's only a very slim chance of non-organic eggs containing salmonella.

IT'S NOT HARD TO BALANCE YOUR nutrition in pregnancy. There's an end point, it's not going to be forever. It's about getting a healthy balance. You simply need a bit of protein, some good whole grains, slow release carbohydrates, fruit and vegetables.

MORNING SICKNESS CAN

last for months. The key is to eat what you can and keep your energy up. If you can only cope with toast, have that. Eat when you're hungry, even if it's the middle of the night. Listen to your body.

I CRAVED CHOCOLATE IN

my last few weeks of pregnancy – I ate so much of it! But as soon as I had the baby I didn't want to eat anything sweet. If you have cravings, give in. Don't feel guilty.

THE BABY WILL USUALLY GET

whatever he needs, although it might be at the expense of your maternal stores! The foetus is protected very well.

Midwives often recommend a pregnancy supplement. It's not as good as vitamins from food, but it's an insurance policy.

YOU WILL GAIN WEIGHT.

Part of the function of pregnancy is storing energy, putting fat around the hips and bottom. Don't feel bad about it, it's normal. But it is good to get back to your pre-pregnancy weight at some point if you can. There's no reason why you have to lose weight quickly. It can be a gradual process.

POSTNATAL NUTRITION

is so important. Eat extra protein to recover quickly from a c-section or tearing.

It really helps the healing process.

STOCKPILE HEALTHY, NUTRITIOUS

meals for when you're too tired to cook when you're looking after a baby. But don't stress – your body is very resilient. If you live on chocolate biscuits for a few weeks, you'll be alright.

ESSENTIAL VITAMINS

400^{mg}

folic acid
needed before
conception,
until 12 weeks

10^{mg}

Vitamin D
required daily
during
pregnancy

FEED YOUR BUMP!

Try wholemeal pasta with spinach, ricotta and salmon. The slow-release carbs will give you lots of energy and the spinach boosts folic acid levels.

Calcium in the low-fat cheese aids baby's bone development and the fish gives you omega 3 fatty acids.



2 Minutes That Make A Difference

A TWO-MINUTE DELAY in clamping and cutting the umbilical cord may lead to better development in the first few days of a baby's life, according to researchers at the University of Granada, who studied 64 women who delivered their babies at full term. Half the babies were clamped at 10 seconds, and the rest after two minutes. The babies clamped later had an increased antioxidant capacity, which helps reduce the damage that the oxygen we breathe in can do to proteins, membranes and genes. The researchers concluded this would have a beneficial effect on a baby's development. Talk to your midwife if you're pregnant and would like to include delayed cord clamping in your birth plan.



'Just having my husband get our baby's bottles done and the food ready for the next day has become the biggest turn-on in the world.'

ACTRESS EMILY BLUNT,
MUM TO HAZEL, 11 MONTHS

**M&B
LOVES**

Spring jackets

These cosy waterproof jackets are fleece-lined and reversible, so there are no excuses for not heading outdoors. £35, jojomamanbebe.co.uk



BABY FIRST AID

Parents can take a free half-hour child first aid course with the British Red Cross

at the North West Baby & Toddler Show at EventCity in Manchester from 6-8 March. It will feature expert advice from midwives and offers from leading baby care brands, plus there's a free goody-bag for every mum-to-be and new mum included in the ticket cost of £10. For more information and to buy tickets, visit babyandtoddlershow.co.uk



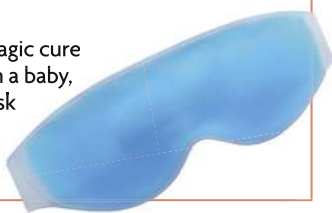
▶ 3 BEST MOTHER'S DAY PRESENTS

Forget flowers – we'd like a practical present, please. This colourful travel mug from Happy Jackson will keep a cup of tea warm until you've time to actually drink it. £5.99, bloomsburystore.com



This pregnancy journal from Busy B features a diary, planner and storage pockets. It's a lovely way of recording the special moments when baby arrives. £10.99, busyb.co.uk

There might not be a magic cure for sleepless nights with a baby, but this cooling eye mask from Soap & Glory will help perk up tired eyes. £6, boots.com



COST OF CHILDCARE

10%
of working families have an earner who brings home nothing after commuting, childcare and other work expenses.

25%
of families have one person who brings home less than £100 a month after care costs.

4%
of mums are paying to work as their costs are greater than the income they're bringing in.

84%
of working parents pay for at least some of their childcare.

LUCY MANGAN



**M&B COLUMNIST
LUCY MANGAN RAISES
HER HEAD FROM THE
DAY-TO-DAY MADNESS
FOR A MOMENT OF
REFLECTION**

IT'S FOUR YEARS since I first looked down at that pee-stained stick and found out I was pregnant. That three-week-old cluster of cells is now a strapping three-year-old, while his father and I are a shadow of our former selves.

To have a child, I now know, is to pass them your mental and physical resources and replace the life you knew with DVD box sets. The odd thing is, I really don't mind. It seems like – and maybe it even is – the natural order of things.

I'm sure I was good at some things. I'm even surer I could have done better at others. But, other than realising I should have bought a Kindle rather than trying to hold a huge, 1,000-page book in one hand while I breastfed, I really can't remember. My brain must have been as broken as my vagina.

None of the mistakes I must have made really mattered. I realised early, as I cowered in fear and anxiety under the baby's demands and an avalanche of advice, that if everyone was saying something different, there was a good chance my own opinion was as good as anyone's. There was no one – not the family, friends, health visitors, internet, random strangers in the street who offered their advice – after all, who knew this particular baby quite as well as me.

For those of you about to embark on the journey, remember this: if you've kept your baby fed and warm and safe all day, you're winning. If you've kept his bum dry as well, that's a bonus. Nappies are by far the easiest thing to forget about. Even when, for the first few weeks, you've actually had to wear them yourself.

Once the first shock has worn off, you'll start to love the little bugga too. This is plenty. This is more than enough.

WIN A SET OF RESCUE SALVES! 15 SETS TO GIVE AWAY, EACH WORTH £18.60!

Made from 100% natural and organic ingredients, Purepotions' Rescue Salves help soothe and repair skin. The salves form an oil-based barrier that protects the skin and deliver nourishing care to irritated areas. Suitable for babies and children, each pots costs £4.65 each (purepotions.co.uk).

M&B has 15 sets of four salves to give away. Each set includes tea tree for use on bites and stings; lavender for sunburn and chapped skin; calendula and comfrey for cuts and grazes; and arnica for bruises. For your chance to win a set, email share@motherandbaby.co.uk and put 'salves' in the subject box.

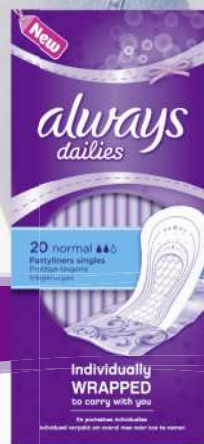


Terms & conditions: Competition open to UK residents only. Entrants must be 18 years or over. Entry closes 9 March, 2015. The winners will be selected at random and notified by email.

Lots of things need your attention, feeling clean & fresh shouldn't be one of them.

There are loads of big changes going on
in your body – not to mention your life.

Always Dailies Pantyliners absorb daily
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one less thing to worry about.



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SHOULD I TRY...

A Pelvic Floor Exerciser?

Is it worth buying keep-fit gear for your pelvic floor? Victoria Garo-Falides finds out

THINGS ARE NEVER quite the same downstairs after labour. Squeezing out a 7lb 15oz baby hasn't left me completely incontinent but it can still sometimes feel that way. Twelve months on, things are definitely not yet running to such a tight schedule down below as they once did...

For instance when you do any kind of physical activity and worry you might be leaking. And when you desperately need the loo and *just* get there in time, no seconds – or embarrassment – spared. And don't even get me started on the fear of sneezing. Forget yummy mummy, more runny mummy.

Post-birth, I confess that I soon gave up doing my pelvic floor exercises, just as I did during pregnancy. It's something you simply forget to do. But this problem isn't going to magically go away on its own, so I decided to enlist a helping hand to regain some strength and control down there.

The Kegel8 Tight & Tone arrived in a lovely little box – my mum thought I'd ordered some designer shoes for my baby. But inside was a teardrop-shaped probe which you insert into your vagina and wire up to a high-tech battery box.

To be honest, I was more than a little daunted by the prospect of using it. It comes with lube to aid the probe's insertion and a cleaning spray for before and after use. The instruction



Victoria put pelvic floor exercisers through their paces

leaflet is a dictionary-sized manual that I passed onto my partner to read, much to his amusement. With different programmes and settings, from general pelvic floor exercises to new-mum workouts, you can choose the one appropriate for you. I tried the general workout, and hated it. It was just, well, 'ugh!'.

I found the Kegel8 highly uncomfortable and the sensations extremely unpleasant. I know it's not *supposed* to be enjoyable but I didn't anticipate wanting to remove the thing immediately. My partner

whipped it out to stop my complaining. It was entirely our fault that we didn't turn it off before removing it, but 'ouch!'. I did give it another go. Honestly, I did. But I hated the pulsating feelings and it made me feel tense. The programmes last between 20 minutes to an hour, which seems excessive to me. Was I supposed to be using it while watching *EastEnders* in the front room?

So I went back to basics. At the opposite end of the tech spectrum, and second up, so to speak, was the PelvicToner. It's a simple, battery-free instrument that looks a bit like a pair of hair straighteners. Inside are two metal springs which can be adjusted to alter the level of resistance.

Following the succinct and easy-to-understand leaflet, I did the required 10-minute sets of repetitions of the pelvic floor exercises. Squeezing the springs together, I could definitely feel my pelvic floor muscles working.

Now, after two weeks of diligent exercising, I do feel like my downstairs department has been to the gym and done a good workout. I feel stronger and better for it. I can even run for a bus, although I'm not ready for that trampoline yet.

And I can tell you that a well-exercised pelvic floor definitely improves your sex life. Which is a huge bonus, as I was starting to forget what one of those was!

Toning up your pelvic floor

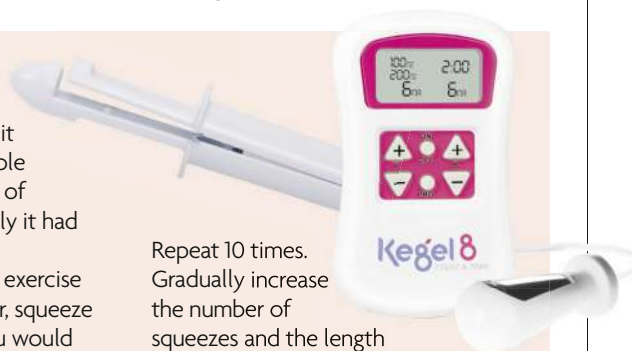
● **I preferred the PelvicToner** (£31.99, or available on NHS prescription, pelvictoner.co.uk) over the Kegel8 Tight & Tone Electronic Pelvic Toner (£98.99, kegel8.co.uk).

● **The product claims** to make your exercises more effective, but I think I just need to *do* the exercises in the first place. However, it was a useful

reminder to do just that, as it lay there on the dressing table looking like an innocent set of hair straighteners when really it had a quite different use!

● **To perform a pelvic floor exercise** with or without an exerciser, squeeze and release the muscles you would normally use to stop a flow of urine.

Repeat 10 times. Gradually increase the number of squeezes and the length of time you hold each for.





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newlook.com



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Mama & Me

Pregnant **Kourtney Kardashian** and son **Mason** hit the shops in LA

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* Source: The German Insurance Institute GDV, Group 1

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3. Closing date for entries: 11.59 pm on 31/03/15. For full terms & conditions & to enter see www.britaxwinacar.co.uk. Proof of purchase, eligibility & identity required to prove winner's eligibility.
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Write On

YOU MAY THINK your toddler's scribbles are just fun play but researchers have shown that parents who help their child to practice writing before school can boost their abilities.

A new study from Tel Aviv University shows that a child's vocabulary, fine motor skills and literacy are all improved by early writing. As children watch their parents writing, they are motivated to try it out for themselves. Professor Dorit Aram

studied 135 preschool children attempting to write a letter with the help of their parents.

The children who performed best were those whose parents helped them relate sounds to the letters of the alphabet they were writing, rather than just focusing on teaching them the alphabet.

'Adults view writing as associated with school, and as "torture",' says Dorit. 'But my experience indicates children are interested in written language.'

CHECK THAT FILM FIRST!

Think that kids' films are cute and cuddly? Then it's time to look again at what your little one is watching. Researchers have shown that children's animated films contain more death and destruction than many popular films for adults.

A study published in the *British Medical Journal* found the main characters in children's films were two and a half times as likely to die as their counterparts in films for grown-ups. What's more, the parents of main characters were five times more likely to die.

The researchers, Dr Ian Colman and Dr James Kirkbride, warned that the impact of watching on-screen death can be traumatic and long-lasting for your children. So even if the film has a U or PG rating, it's best to check the content first.



'The first training session I've done since Reggie's

birth was exciting. It was weird training through pregnancy and then going back without a bump'

OLYMPIC CHAMPION JESSICA ENNIS-HILL, MUM TO REGGIE, EIGHT MONTHS

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Rebecca Adlington

My Pregnancy Diary

In the first of an exclusive series, the double Olympic gold medallist gets to grips with her growing bump

I'M FEELING OUT OF CONTROL.

Everything's growing. And every day something is different. I've spent 15 years of my life knowing exactly what's going on in my body. That's how I achieved what I did, by controlling my body. That was the difference between winning a medal and not. But now I'm having to listen to my body and do what it needs. It's hard to adapt. Honestly? It's overwhelming.

I've never experienced anything like how exhausted I felt when I was first pregnant. As an athlete I was constantly tired, getting up at 5.30am every day to train and pushing myself to the limit. But this was something else. If I didn't sit down I would pass out. I was having to go for a nap and I'd only just got up four hours before.

Now I'm in my second trimester, my body's changing and I'm not in control. Right now, my hair feels horrible and I've got a spot. And my hormones are so up and down, I just watched a John Lewis advert and cried. My husband Harry said, 'What are you doing?' And then I Google to find out if I'm meant to be feeling like this and get a million answers. It's daunting.

My bump only really popped out two weeks ago. It happened overnight – I woke up and I looked pregnant. It was like, 'Hello, I'm here!' Harry has an app that I put my weight into every week. I'd put on six pounds! Suddenly, everyone is noticing my bump and I like that, though no one would give up their seat for me on the bus yet.

I haven't got any stretchmarks but I

don't think I'll be massively bothered if I do. When you exercise as much as I did from an early age, your body develops early. I'm used to seeing athlete friends with stretchmarks from lifting weights. I'll add them to the cellulite on my legs!

Normally I'm a three-meal girl with no snacks in between but I've just eaten and I'm hungry again. I've always had to be very conscious of my weight and I never used to eat carbs. But now I'm

eating what the baby needs to grow.

It's hard getting on the scales. Between going into the jungle for *I'm A Celebrity, Get Me Out Of Here* in 2013 and my wedding at the end of August last year, I'd lost a good two and a half stone. I

liked feeling confident and comfortable in my skin, as it's not something I've felt for a lot of my life. So it's been an adjustment having fallen pregnant so quickly on our honeymoon.

I've struggled with putting on a little bit of weight – even though I know it's good weight. I do feel a bit sad that I can't fit into my favourite clothes any more. My boobs have gone up three sizes already. Harry's loving that part of the pregnancy! But how much bigger are they going to get?

Having to eat something when my body wants to, and sit down when I have to, is all a bit bizarre. I'm not really sure how I'll cope when I get much bigger than this. I don't come from a petite family and my mum is voluptuous, so I expect I'll go that way too. But it's not about me any more – I'm going to have a baby!

'My boobs
have gone up
three sizes
already'



FIND OUT MORE NEXT MONTH...



Discover our new cereals with Pronutravi+

Aptamil's range of cereals with Pronutravi+™ now includes Multigrain & berry breakfast and Creamed apricot porridge. They combine specially selected grains and fruits with Aptamil's unique blend of nutrients, including iron to support normal cognitive development. Take a closer look at aptaclub.co.uk/cereals

Should You Decide When To Leave Hospital?

New mums in Britain have the shortest maternity stays in Europe. But should they stay longer stay if they want to?

JOIN THE
DEBATE
AND HAVE
YOUR SAY
#MAMADEBATE
@MOTHERANDBABY

YES

'AN EXTRA DAY IN HOSPITAL CAN MAKE A BIG DIFFERENCE'



ELIZABETH DUFF FROM THE NATIONAL CHILDBIRTH TRUST SAYS:

'It can be worrying for a first-time mum to be sent home before she feels ready.

An extra day in hospital could make a big difference for a lot of women. It means they are in a supportive environment where they can receive all the information they need.

'It's vital that a woman doesn't feel pressured to leave a maternity ward early due to busy midwives and wards. What is very important is that each woman has a discussion with their midwife about what they want and when they are ready to go home.

'Women who have had a c-section can leave hospital in as little as 24 hours, which is not enough time after major surgery. It increases the risk of post-operative problems.

'Recent reports have shown that midwives would like to visit parents at home more often, but fail to do so due to the demands of the job. Mothers typically only get one home visit and are then referred to a local clinic. This can be difficult with a young baby.

'For women who leave hospital after a short stay, there's a high chance that the mother or baby will be readmitted. Women are not getting the length of stay they need.'

NO

'MOST WOMEN PREFER TO GO HOME EARLIER'



MERVI JOKINEN FROM THE ROYAL COLLEGE OF MIDWIVES SAYS:

'It's difficult to compare UK practices to other countries in Europe. The UK provides postnatal care in the community

after mother and baby leave hospital, but this isn't common in many European countries.

'Within current UK maternity care, after a normal birth a woman stays in hospital for between six and 24 hours on average. First-time mums stay longer to establish breastfeeding. A woman who has had a c-section will require a longer stay, usually three days. The increasing c-section rate means that more beds are occupied by these women. Midwives are under constant pressure to free beds, which can be very frustrating for them. Many of them say they don't have the time to give women the attention and information they need.

'Most women prefer to go home earlier, rather than have a lengthy stay on a maternity ward. They want to rest in a familiar environment with food and drink when they want it. Staying in a hospital is not necessary or preferable for everyone. Each woman is different and we should be able to plan the care to meet the needs of each individual woman. There is no common rule.'

HAVE A SMOOTH JOURNEY HOME

MAKE SURE BABY IS CALM

Feed your baby before you leave the hospital so he is calm and sleepy when you arrive home. It will also ensure he's settled during the journey.

KNOW YOUR CAR SEAT

Practice fitting the car seat into the car before you put your baby in for the first time. You'll avoid upsetting him if you can secure it quickly.

GET YOUR HOME READY

Set your central heating to come on before you arrive home so that the rooms are nicely warmed. Have some gentle lighting already on too.

*For those
girly weekends*



Because you can

When you are committed to breastfeeding Medela are here to support you. Medela's unique 2-phase breastpumps enable you to express more milk in less time than other pumps so you can enjoy some special moments with family and friends. With the Calma feeding solution your baby will be happy to return to the breast. For details of the full range of Medela's solutions visit www.medela.co.uk



medela 



What have you done
whilst breastfeeding?

bump & birth

HEALTH | MIND

BODY | REAL-LIFE STORIES

Tried & Trusted

VISIT THE NHS Safe Apps Library (apps.nhs.uk) for an array of apps that have been reviewed by a team of doctors, nurses and safety specialists and pronounced 'safe and trusted'. Many are free, others are paid for. Testing criteria includes relevance to people living in England, use of trustworthy sources and whether the information is clinically safe. It's not just the pregnancy-specific apps that are worth browsing either. Those designed to assist with food choices and fitness, manage anxieties or promote mindfulness, and improve your mood or your sleep patterns could all help you achieve a healthy pregnancy. *M&B* loves the newly approved *Tiny Beats* (below), £3.99, an app which allows you to listen to, record and share your baby's heartbeat and movements via Facebook and Twitter using an iPad or iPhone.



Keeps tabs on
your pregnancy
with NHS
Safe Apps



The Love Hormone

Oxytocin released during pregnancy, labour, birth and beyond helps you to be a great mum in many ways. Understand how it works and you can relax – your body's got it sorted!



MEET THE EXPERT

Dr Kerstin Uvnas-Moberg is a professor of physiology and a leading expert on oxytocin, having studied the hormone and its effects for over 30 years.

1 CREATES AN ENERGY STORE

AT THE BEGINNING of your pregnancy, your oxytocin levels immediately start to rise. This increase alters metabolism, and means that pregnant women tend to put on weight in the first trimester. This provides an energy store which can be used later when the foetus is growing faster and needs more calories.

2 ENHANCES INTIMACY

BY THE LAST trimester, oxytocin levels in your blood are significantly higher than they were in the first trimester. The raised hormone levels cause you to be more open in your relationships and more likely to have friendly interactions with your family.

You feel less independent and more willing to accept help. This has an important biological function, bringing you closer to those who can support you once your baby arrives. Women often find they start to discuss things with their mothers on a far deeper level.

3 PROMOTES CAUTION

OXYTOCIN LEVELS ALSO encourage you to be more careful during late pregnancy. It causes you to be cautious about the world around you, and helps you make sensible choices to keep you and your growing baby safe.

4 INDUCES CONTRACTIONS

AT THE BEGINNING of labour, spikes of oxytocin in your blood help to induce uterine contractions. The frequency of these spikes increase as labour goes on, peaking during the actual birth of your baby. The release of oxytocin also helps to decrease your sensation of pain.

5 DECREASES STRESS

Oxytocin is linked to the reward system in the brain. It makes you feel good, which helps to reduce your stress levels after the birth, which may have been exhausting – and perhaps difficult – for both mother and baby.

6 INCREASES BONDING

THERE IS A SCIENTIFIC reason why mums are encouraged to make skin-to-skin contact with their babies after birth – touch is one of the strongest stimulators of oxytocin release. This flood of oxytocin helps you feel connected to and in love with your baby, and promotes the desire to care for her.

A baby's skin has already been stimulated during contractions in a natural delivery, raising her oxytocin levels. Immediately after birth, the efficiency of skin-to-skin contact between mother and baby is heightened and exponentially increases oxytocin levels. After skin-to-skin contact with her newborn, a mother will experience her highest-ever level of oxytocin.

7 COMFORTS YOUR BABY

The sucking, skin-on-skin activity of breastfeeding triggers an oxytocin release in both baby and mother.

It's a natural pacifier.

8 HELPS YOU FORGET

OXYTOCIN HELPS YOU to forget the discomfort of birth. It has a slight amnesiac effect on the mother, dulling the memory of what's just happened. Mothers who breastfeed, which releases high levels of oxytocin, have a better ability to move on if the birth was traumatic, as the hormone helps you to be more accepting.



9 LETS DOWN MILK

IT'S OXYTOCIN THAT stimulates your milk to flow when you're breastfeeding. The hormone directly causes the muscles that are responsible for letting down your milk to contract.

As you breastfeed, oxytocin levels go up in small spikes, similar to the end of labour. The oxytocin release is tremendous, stimulating the bond between you as well as giving more milk.

10 BOOSTS RELATIONSHIPS

THERE IS A PERIOD after birth when women are more committed to their baby than their partner. High levels of oxytocin, and another hormone called prolactin, make it possible for you to focus on your baby to the exclusion of almost everything else. But use oxytocin to stay close to your partner too, stimulating higher levels with plenty of hugs. A father's oxytocin levels rise when he holds his newborn child, so he will be in the mood to bond too.

Help, I'm HUGE!

If your massive bump has you wedged in the bath, join the club! Here, mums share their funny stories of coming unstuck and we reveal how to avoid the same

AS YOUR PREGNANCY moves on, your expanding waistline can land you in tricky situations, to the point of getting stuck in a toilet cubicle while shopping. 'Many women don't want to accept that they're huge and give in to the fact that they're less mobile,' says midwife Jenny Gough. 'But it's a temporary phase so you need to be realistic and practical. Make sure you keep your phone with you, so you can call for help. And listen to your body. Acknowledge you can't do quite as much. If you're out and about, take regular stops – there's no harm in going for another coffee.'

'I got stuck in the bath!'

Michelle McCann, 35, from Brighton, mum to Isobel, five, and Luke, five months, remembers all too clearly the problems she had when heavily pregnant. 'During my first pregnancy it once took 15 minutes to get myself out of the bath,' says Michelle. 'I had to roll onto all fours! After that I didn't have a bath without my husband at home. He also had to shave my legs!'

Jenny agrees that getting in and out of the bath later in pregnancy can be quite difficult: 'Put a chair near the bath for something to lean on and make sure there's someone around to help.'

Your bump can also get in the way if you have an older child to look after, as Jaime

Fagan, 35, from Bristol, found out. 'At eight months

pregnant with my second baby Eli,



now three, I took my five-year-old, Isaac to soft play,' says Jaime. 'He insisted I chase him around the play structure. One part was like a car wash with two rollers to squeeze through. My massive bump became wedged!'

Jenny says to think carefully before choosing where to go on a day out in the latter stages of pregnancy: 'If you have children, get a non-pregnant friend to go with you. Let your little one run around with them so you can relax a little. And be aware of the size of your bump!'

'I had to compromise'

Life doesn't stand still when you get pregnant. Until you start maternity leave, you'll find you have to carry on as normal but with an expanding tummy. This is when you need to start asking for help or make compromises.

Abbi Ollive, 30, from North Yorkshire, is mum to Percy, one. She came unstuck when starting a baking session. 'I keep my cake tins in a corner cupboard but during my last week of pregnancy I couldn't squat down far enough to reach inside,' she says. 'I remember trying to extricate a large cake tin using a wooden spoon, a potato masher and other long implements, all while sitting on the kitchen floor! I opted for a muffin tray instead and made mini cakes.'

When you reach late pregnancy, don't be embarrassed about asking for help. You will usually find that people will spot your bump and come to help. So, if you drop your loose change on the floor in the supermarket, other customers are likely to rush to help pick it up.

'My friend helped me out'

Hannah Doyle, 38, from Richmond, London, is mum to Sam and Theo, both five months. 'I was visiting a friend of a

friend's house and quickly realised it was a shoes-off sort of home,' she says. 'Because of my huge bump, thanks to twins, this was impossible. Luckily, my friend spotted my problem and helped me take off my shoes.'

Some bump problems can easily be solved before you leave home – slip-on shoes are on most pregnant women's shopping lists. Others require making the best of a tricky situation.

'During the last month of my pregnancy, my bump extended so far in front of me I couldn't fit into most public toilets. I had to resort to using the disabled loo – but needs must!' says Anna Carey, 36, from Worthing.

'It was time to stop'

There comes a point when your bump is too big to stick to your normal routine, and it is something you simply have to come to terms with and accept.

'At 39 weeks pregnant I was on one of my regular gym visits and went on the cross trainer,' says Samantha, 44, from Stansted. 'It was the day before my c-section and I was doing my cool down afterwards when I felt a sharp pain beneath my ribs. I slowed down and the pain subsided. But I was still fairly uncomfortable – the baby's foot was in an awkward place. I suddenly realised I couldn't get off the machine without help!'

'It's good to keep active but know your limits and listen to your body,' says Jenny. 'Think about alternative, more gentle forms of exercise, such as yoga.' Your body – and your bump – will tell you when it's time to rest up and get ready for labour.

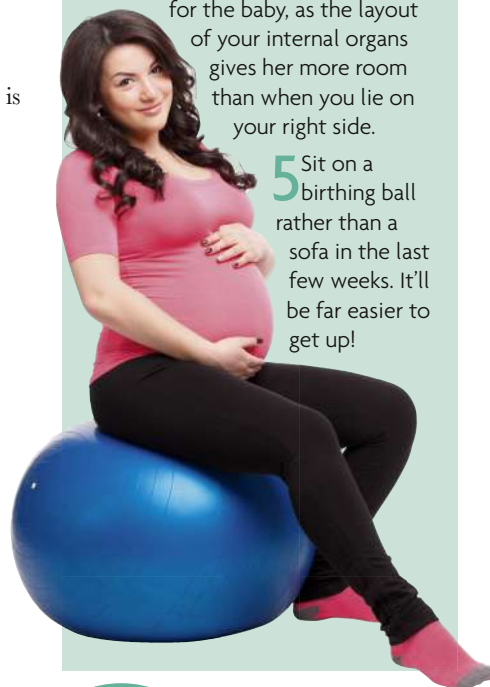
'In the meantime, if you do find yourself in a fix, just smile. It's all part of being pregnant,' says Jenny.

HOW TO DEAL WITH A SUPER-SIZED BUMP

- 1 Try gentle exercise such as yoga. It will strengthen your core muscles and help you move from sitting to standing.
- 2 Tell your midwife or GP if you have back pain that is stopping you moving, and ask to be referred to a physiotherapist.
- 3 Have a pregnancy massage to help relieve the stress of carrying a big bump.

- 4 Lay on your left side if you want to veg out. It's a good position for the baby, as the layout of your internal organs gives her more room than when you lie on your right side.

- 5 Sit on a birthing ball rather than a sofa in the last few weeks. It'll be far easier to get up!



MEET THE EXPERT

Jenny Gough is a midwife and birth preparation specialist.

3 MUST-BUYS WHEN YOU'RE READY TO POP

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Time To Reflect

Weeks or even years after you have given birth, talking through your experience with a midwife can help put to rest any concerns you may have



WRITING A BIRTH PLAN is an important part of preparing for labour and something your midwife will have strongly encouraged you to do. Together you will have talked through your hopes for the delivery, from pain relief to birthing positions. After the birth, there is a strong possibility that you will look back and question those parts of the process that didn't exactly match your birth-plan expectations.

It's normal to spend time reflecting on your labour, as it will undoubtedly be one of the most significant experiences in your life. But if these thoughts begin to dominate your day, or cause you distress, then talking it through with a midwife could help you come to terms with how your baby came into the world.

BREATHING SPACE

During childbirth there is often no time for medical staff to explain things, like why they need to use a ventouse [vacuum device] or why the delivery room has suddenly filled with extra staff. A midwife can use your labour notes to give a medical explanation for what happened and why this may not have matched your birth plan. It isn't a form of counselling but a chance for you to have your questions answered.

Most labour wards offer this service and a telephone call to the hospital where you gave birth will tell you who to contact. The maternity unit may have a dedicated email address or telephone line for arranging what is sometimes called a birth afterthoughts meeting. They will have to request your labour notes and then agree a time and location to meet. You will usually have a one-hour appointment.

Michelle Lyne, a professional advisor for education at the Royal College of Midwives, points out that you are able to reflect on your birth with your midwife at any stage.

Your labour notes are kept for 25 years and you have a right to access these at any time

However, she recommends giving yourself a few weeks breathing space before attending a birth afterthoughts meeting. Your labour notes are kept for 25 years and you have a right to access these at any time.

‘The birth experience stays with you forever,’ says Michelle. ‘It’s important that you deal with any demons, as they can impact on your emotional and physical wellbeing. A woman can go into a numb state then look back and think: “How did my baby get to be a year old?”’

Sadly, some mothers feel they let themselves and their baby down if they didn’t have the labour experience they were hoping for. ‘If she ended up with a forceps delivery she may think, “was there anything I could have done?”’ Sometimes she feels she has failed,’ says Michelle.

NATURE TAKES OVER

It is helpful to understand that, even in a straightforward labour that follows a birth plan, a woman will not be ‘in

control’. Your brain follows the same instinctive processes of all mothering mammals. During childbirth, the mammalian brain – the part of our brain from the earlier stages of human evolution – helps control the hormones that progress labour. It tells your body how to birth, but you may only be aware of the urge to push.

Adela Stockton, a psychodynamic

counsellor and former midwife, says that in order to connect with the process of labour women need to let their mammalian brain take over. However, this often doesn’t happen fully. ‘During labour, mothers are often disturbed by bright

lights, noises, strangers and being moved about,’ says Adela. ‘This means you become conscious of what is happening around you and can start to feel anxious.’

Medical complications such as your baby’s heart rate dropping, or needing procedures such as a forceps delivery or a c-section, are frightening during labour. These worries are unlikely to disappear in the aftermath of delivery. However, there is no time to talk it through as the midwives will have moved on to other labours and your attention will be on your baby.

In the early days after birth, the main concern is the physical wellbeing of you and your child, and any psychological worries are put aside. Yet women who have experienced a difficult labour may have symptoms – flashbacks, tearfulness or apathy – that disrupt the early months with their baby. The goal of having a birth afterthoughts meeting with a midwife is to make sense of your experience and to help negative feelings reduce and disappear. Without closure, you may feel anxious and fearful of going through labour again.

So if your symptoms are preventing you from coping with the normal stresses of everyday life with your baby, speak to your midwife or GP straight away. And even if you feel you are able to function well, yet have concerns and questions, book a birth afterthoughts meeting and move on from your labour experience.

‘The goal is to reduce negative feelings’

‘I NEEDED TO UNDERSTAND’



SARAH PARKINS, 33, FROM CAMBRIDGE IS MUM TO FREDDY, 10, AND GEORGIA, 4

‘I had Freddy 10 years ago. His labour was relatively quick – three hours – which I was not prepared for. I was on my own, which was my choice, but I had friends in the waiting room. His heart rate started to go up at the end of labour so the room filled up with medical staff.

I have a high pain threshold but I found the birth horrendous. In the first few weeks I couldn’t stop thinking about the experience and started to think this was a bit weird.

I found a leaflet about birth afterthoughts meetings. I rang the number and they saw me quite quickly. Freddy was about three weeks old by then and they talked me through what happened and the timings. They explained why medics had rushed in. That was my first experience of a labour debrief.

I went for another one when I got pregnant six years later. I had real anxiety about the forthcoming birth and it was my GP who suggested I could go back for birth afterthoughts meeting. The woman I saw was great. She got my notes and I had quite a few sessions to talk through Freddy’s birth. It helped prepare me for Georgia’s birth and put me on the hospital staff’s radar. It meant I got an epidural on time and my second labour was a much more positive experience.’



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When Love Takes Time

A third of mothers have early problems bonding with their babies, as *M&B* reader Cat James, full-time mum to Nathan, can testify...

MY PREGNANCY WAS DIFFICULT, but whenever I felt stressed, I just remembered what friends had told me. 'When you hold your baby in your arms, it'll all be worth it,' they said. 'You'll fall in love with him.'

Signed off work at 23 weeks due to high blood pressure and recurrent bleeds, I was told to rest and relax. To stay positive, I visualised the moment I'd meet my baby. I imagined gazing into his eyes as a motherly instinct kicked in. Straight away, I'd recognise him as my son, overwhelmed with affection and a natural gut feeling about how best to care for him.

Friends, family – anyone who had a child – gushed about that initial bond between a mother and her newborn. I didn't doubt them for a minute. My belief that I'd fall instantly and madly in love with my son was unshakable.

READY TO MEET MY BABY

Despite my complicated pregnancy, the birth was drama-free. At seven days overdue, my waters broke, waking me at 2.30am. My contractions started thick and fast, but I was relaxed. I even calmed my husband Duncan, who was beside himself with worry.

At the hospital that morning, my

labour progressed quickly. It was painful and at times the baby's heart rate dipped, but nothing about it was traumatic. Just four hours after I'd arrived on the ward, with no time even for my longed-for epidural, I learnt I was fully dilated and ready to meet my baby. This was the moment I'd been waiting for...

Nathan was born naturally at 11.50am after what felt like a lifetime of pushing. I lay back, exhausted, as the midwife placed him on my chest.

Looking down at my son, everything felt strange. Yes, he was perfect and tiny. But the reality, that I'd carried this unfamiliar baby in my womb felt surreal. At that moment I could easily have been holding someone else's newborn.

'Look at him, he's amazing,' Duncan sobbed. But I couldn't help feeling bewildered. Where was the rush of love I was expecting to feel? There was no time to dwell on my reaction. I'd sustained a third-degree tear and needed several stitches. The midwives handed Nathan to Duncan and I was

wheeled into theatre and given a spinal anaesthetic before surgeons repaired the damage.

WHAT WAS WRONG?

Drowsy and shaking after two hours in theatre, I was taken back to the ward. After seeing Nathan again, wrapped up snugly in a blanket, everything started to feel real. It wasn't a dream after all – I really had given birth.

As Nathan latched straight onto my breast, feeding contentedly, I waited for the rush of emotion I'd been expecting. To my disappointment, nothing came. I couldn't work it out.

On the maternity ward, I studied how the other mums interacted with their newborns. One took hers for regular walks around the corridors, another cooed and smiled as she held her

little one in her arms.

I, on the other hand, was glued to the bed, my lower half still numb from the anaesthetic. Breastfeeding almost continuously and still waiting for that 'light-bulb moment', I began to doubt my ability as a mother.

'I was bewildered – where was the rush of love I was expecting to feel?'

It was impossible not to make comparisons. Was I the only new mum in the hospital still waiting for those feelings to hit me? I felt like a failure and was too ashamed to admit the truth to Duncan or my family.

Every time I went to sleep I'd pray that I'd wake up and the feeling of love would be there. But when I opened my eyes and looked at Nathan it was just the same. I felt nothing.

FRIENDLY CHATS

In the first week at home, I'd watch Nathan as he slept, willing myself to fall deeply in love. Perhaps that motherly instinct just wasn't in me. I visualised myself in years to come, sitting at Nathan's school parents' evening, still waiting to feel something.

'You're so lucky,' visitors said in those early days. 'You must be so happy and proud.' Yes, I felt all of those things, but none of them in the dramatic, overwhelming way I'd been led to believe.

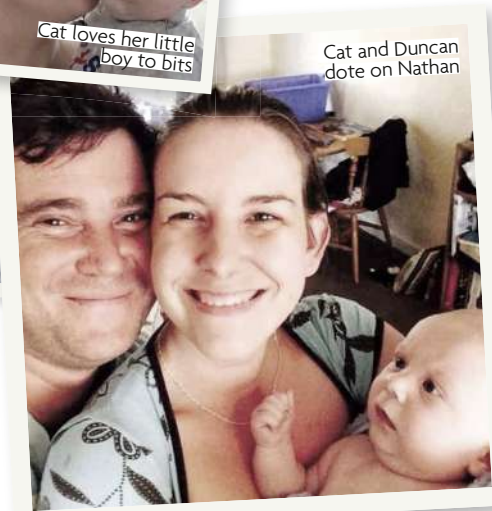
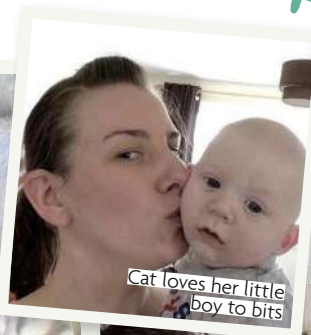
I spent my days and nights breastfeeding, unable to put Nathan down for even a few minutes before he screamed for more milk. Even logging onto Facebook while I fed increased my sense of failure. Beaming photos of friends and their babies, alongside emotional status updates declaring intense and undying love, only made me feel worse.

It took all my courage when Nathan was 10 days old to admit the truth to my friend, a mum of three who has a great relationship with her children. 'It was exactly the same for me,' she replied without hesitation.

Reassured, I mentioned it to another mum friend, who totally agreed. 'I just needed a bit of time for those feelings to come,' she said. It was exactly what I needed to hear. Perhaps I wasn't abnormal, after all.

A BREAKTHROUGH AT LAST

At two weeks, I finally had a breakthrough. As I fed Nathan on the sofa, watching daytime TV, a charity appeal came on. Children's tiny, vulnerable faces flashed up on



screen, and my thoughts turned immediately to Nathan.

'If anyone tries to hurt a hair on your head, I'll kill them,' I thought fiercely, bursting into spontaneous, uncontrollable tears. As I sobbed, feelings of protectiveness and love overwhelmed me. The idea of him experiencing any pain cut through me like a knife. I knew I'd do anything to keep him safe. In that moment, I realised that all those

feelings had been inside me right from the start, they just needed to develop.

In the days afterwards, it was the little moments with Nathan that made me realise just

how much I loved him. The instinctive way he turned his head towards the sound of my voice. A faint smile in his sleep as I soothed him. Gradually, love, tenderness and a fiercely protective instinct grew inside me. At last, I made peace with how I felt when he was born.

THE STRONGEST BOND

These days, my bond with Nathan couldn't be stronger. Not a day goes by when we don't share cuddles and giggles. I'm barely able to look at him without feeling intense emotions of love and pride. My worries in those early days haven't affected our relationship one bit.

It makes me sad knowing that many other mums will feel the same as I did and may always feel ashamed. Being honest about a perfectly normal

parenting experience – that sometimes it takes time for love for your baby to grow – is taboo, but it shouldn't be.

I wish I'd known then what I know now – that even if you don't bond straight away, there's no reason to doubt you won't love your baby in your own time. ■

IF THE BOND ISN'T INSTANT

Cat's tips on how to cope when you don't bond with your newborn...

- 1 Don't compare yourself with other mums. Everyone's experience is different. Just because your friend says she fell in love with her baby straight away, it doesn't make her a better mum.
- 2 Be honest about how you're feeling. Open up to a friend or speak to your health visitor.
- 3 Have realistic expectations. Remember, it's perfectly normal not to bond with your baby on day one. Motherhood is a massively life-changing experience, so allow yourself the time and space to get to know your newborn.

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reaps dividends

The Key To Successful Parenting

BE A SENSITIVE PARENT to your baby during the first three years of his life and he'll grow into an adult with better social and academic abilities. A new study has found that a care-giver's sensitivity during a child's first three years is key to the development of skills needed to form healthy relationships and achieve academic success.

The lives of 243 babies were tracked for 32 years through childhood, adolescence and into adulthood during the study, which

was conducted by researchers at the Universities of Minnesota, Delaware and Illinois. Each baby was observed interacting during play and meal times with his or her mother four times before the age of 3½. The child's academic and social progress was monitored into adulthood to determine how he or she developed.

The fact that such major factors in an individual's life can be affected by something so simple to implement is great news for all

us mums. The research defined sensitive care-giving as 'the extent to which a parent responds to a child's signals appropriately and promptly'. It also highlighted how interacting positively with your child gives him confidence to explore the world around.

For a range of activities and information that can help you understand, communicate with and respond appropriately to your baby, turn to pages 61-66 for the six-page *Mother&Baby* Bonding Special.

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7 Essential Sleep Habits

Sleep is a skill that babies must learn. Establish these key details in the early days and give your little one the very best chance of developing a good sleep pattern

When your baby is born, it might seem that he knows very well how to sleep. After all, besides feeding, he does little else. But teach him the fundamental skills of good sleep during his first few months and he's likely to enjoy healthy sleeping habits for life.

Establishing these basic capabilities is relatively straightforward when your baby is very young and programmed for frequent sleep. It's a gentle process and all you need to succeed is to be patient and consistent. 'Many parents find sleep problems emerge at two or three months, but if you get the early details right, your baby will wake less, not more, as his sleep cycles mature,' says sleep expert Mandy Gurney.

Help your baby to understand that a bath and being quietly dressed means it's nearly time to sleep. Teach him to settle himself to sleep so he doesn't rely on a cuddle from you, a long feed or rocking to drift off. And support him as he learns that night-time is for rest and, if he wakes, he should go back to sleep. Crack all these and by the age of six months there's every chance that your baby – and you – will be getting a good nights' sleep. ►

MORE IDEAS
FOR HAVING
A GOOD
NIGHT'S SLEEP
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MEET THE EXPERT

Mandy Gurney is the founder of Millpond Children's Sleep Clinic, the UK's longest-established sleep clinic. She provides sleep training to the NHS and is author of *Teach Your Child To Sleep*; millpondsleepclinic.com

Help your
baby to
self-settle

TEACH THE DIFFERENCE BETWEEN NIGHT AND DAY

A typical newborn baby spends 16 of every 24 hours asleep, split evenly between night and day, punctuated by feeds every two hours. But he doesn't know that he should sleep more at night than during the day. 'In your womb, your baby will have sensed the difference between night and day from your movement – or lack of it,' says Mandy. 'But he doesn't connect this with light and dark once born. You must teach him this association. Within a few weeks, your baby is capable of beginning to understand that he should sleep during the dark night-time.'

The first step is to differentiate between day and night. 'During the day, immerse your baby in the bustle of normal life,' advises Mandy. 'Spend plenty of time stimulating him. Take him outside for fresh air and daylight every day.' For daytime naps, put him in his Moses basket but leave the curtains open and don't try to minimise noise. Don't worry, he will manage!

At night, make the room dark. During night feeds, avoid stimulating your baby. Keep your voice low and make minimal eye contact. 'Only change his nappy if it's necessary,' says Mandy. 'Combined with the soporific effects of darkness and warmth, this will help your baby learn that night-time is for sleeping.'

Be patient. 'Babies in the womb often spend more time awake at night than during the day, when your movement induces more sleep, and this pattern takes time to alter,' says Mandy. 'Since a newborn baby's body-clock is in tune with yours, night-time for him begins at the time you normally go to bed. To start with, don't expect to put your baby to bed at 7pm. It's best to put him to bed at your normal bedtime, then gradually make his bedtime earlier. He'll find it far easier to grasp what night-time is, and sleep far better.'

By four weeks old, a baby will typically sleep for a total of six to seven hours during the day and eight to nine hours at night. But by three months, a baby who has been taught that night-time is for sleeping will typically sleep for around four hours in the day and 10 to 11 hours at night.



IT'S NEVER TOO LATE TO LEARN

Whatever age your baby is, she is capable of learning good sleep habits. Take it slowly and aim for gradual, steady progress as she makes the journey towards a healthy sleep pattern.

LOOK FOR SLEEP CUES

An overtired baby is very difficult to settle and will require a lot of help from you, whether in the form of movement, milk or cuddles. If you want your baby to learn how to settle himself, you must make it easy for him and put him into his cot as soon as he appears tired.

'For the first few weeks, there's likely to be little pattern to your baby's sleep, so it's your job to look out for his sleep cues,' says Mandy. 'The very first sign that your baby is tired is him being quiet and still. If you miss this cue, he may rub his eyes, yawn, become fractious or cry. Respond straight away and put your baby down for a nap.'

By the end of the first month, a napping pattern typically emerges with babies needing a nap 1½ hours after their previous waking time. Keep a diary of your baby's sleep times so you can spot a pattern beginning to emerge. Once he reaches this stage, don't wait for sleep cues, which can become more subtle, but settle him down at the time you know he is likely to need a nap.

INDICATE WHEN TO EXPECT SLEEP

A succession of events which every night ends in your baby drifting off teaches him the simple message that it's now time to go to sleep. 'While your baby might settle easily now, in nine months' time when he's learnt to pull himself up in his cot and has rather more say in that decision, this understanding will be of huge value,' says Mandy. 'A familiar routine will also help your baby settle in unfamiliar circumstances away from home.'

A bedtime routine should take 20-30 minutes and start with a short, warm bath, which can help stimulate melatonin, the sleep hormone. Then wrap your baby in a towel and take him straight into the room in which he'll sleep. 'Aim for the same level of light and noise as will continue through the night,' says Mandy. Dress him for bed with minimal stimulation.

Stick to the same routine every night, adding a bedtime story from three months. 'Make your routine as simple as possible so you can keep it the same wherever you are,' advises Mandy.

It's best not to introduce new people during the routine, as this can stimulate your baby. 'If your partner wants to say goodnight to your baby, it's better that he helps you through the whole routine,' says Mandy.

SEPARATE MILK FROM SLEEP

During the early weeks, your baby will most likely need a feed right before bed. But as early as you can, separate this last feed from bedtime. Gradually bring this feed forwards until it is before bathtime, so your baby becomes less dependent on sucking to sleep. 'A baby is far more likely to wake up in the night because he has fallen asleep during his last feed and is startled to find himself in his cot, than he is because he is hungry after feeding a little earlier,' explains Mandy. 'A baby tends to be far calmer through the bedtime routine if he's fed before his bath, because he's not hungry *and* tired. If you're hesitant about trying this, to begin with try split-feeding: give your baby half his feed before his bath, and the remainder afterwards.'

LAY HIM DOWN AWAKE

While being pushed in a pram or rocked in your arms calms a baby too agitated or over-tired to sleep, try not to make it a habit. And, while it's lovely to let your baby fall asleep on you before laying him in his Moses basket or cot, don't make this the norm. 'If your baby is to eventually learn how to sleep through the night, he must be aware that he is in his Moses basket or cot when he falls asleep at the beginning of the night,' Mandy says. So, after the bedtime routine, place your baby in his cot when he is drowsy rather than asleep. 'That way, when he stirs in the night, he won't be alarmed to find himself in his cot and be startled into being fully awake,' Mandy explains.

It takes a baby an average of 15 minutes to fall to sleep. 'The ideal is for your baby to have a little wriggle, get comfy and adjust to his environment, then drift off,' says Mandy.

If your baby needs help to settle, then talk, hum, sing gently or make shushing noises. White noise, such as a detuned radio, is similar to the whooshing noises babies hear in the womb, and can also help a baby to fall asleep.

'Do all this and by six months, your baby should sleep for 11 hours at night'

REMOVE YOURSELF FROM THE EQUATION

It's tempting to comfort your baby to sleep, but this is likely to make him dependent on you for sleep. Instead, give him a cuddle and kiss, then lay him in his Moses basket with minimal fuss. 'This is a trickier ask for you than it is for your baby – he may settle himself quite happily!' says Mandy. 'Ultimately, your aim should be to lay your baby in the cot with a kiss, say goodnight, and leave him alone to settle contentedly to sleep.'

LET HIM LEARN TO SETTLE

Humans sleep in cycles, naturally rousing from and sinking back to sleep throughout the night. The sleep cycle of a very young baby lasts for 60 minutes but at the age of three months this extends to 90 minutes, followed by a period of wakefulness.

'If your baby is ever to sleep through the night, he must learn to settle back to sleep when he stirs at the end of each cycle, without you soothing him,' explains Mandy.

If your baby's night-time cries are merely grumbles, briefly check that he is comfortable, warm enough but not too hot, and that his nappy is not sodden or soiled. If all is fine, encourage him to resettle in his cot without a feed or a cuddle. If he cries, soothe him by stroking or patting him. Or try rolling him onto his side and gently rocking his body to and fro until he resettles, then reposition him on his back. Rock him in your arms if you need to, but place him back in his cot and comfort him there as soon as he begins to calm.

By six months, if your baby wakes for a feed in the night it's likely to be out of habit rather than hunger. 'Offer him a feed if you wish, but as soon as he has had enough, wind him well and place him back into his cot, comforting him there if he needs it,' Mandy advises. 'This will help him end his association between milk and sleep, so night feeds can be dropped completely.'

Do all this and by six months your baby should be sleeping for around 11 hours at night, either sleeping through or waking for one feed. ■

GO SLOW!

'Set these habits as your ultimate aims,' says Mandy, 'and don't worry if you don't get them right every night.'

Help him
– and you –
have a good
night's sleep

Those Special Moments

It's a great day when your tot hits a major milestone and sits unaided or takes her first steps. Chart these less-obvious skills too for an intriguing insight into your baby's development



MEET THE EXPERT

Luiza DeSouza is a parenting expert and baby nurse with over 30 years' experience.

First smile? Tick! First tooth? Tick! We all eagerly await these big milestones in our little one's lives. But there are lots of smaller landmark moments to watch out for too. These developments will provide you with a fascinating peek into some big changes happening in your baby's growing mind and body.

Don't worry if your little one hasn't reached these mini-milestones yet. The ages suggested are simply to give you an idea of when to start looking out for these magic moments to happen. And when they do, we've got some ideas to support those skills in progress.

Turns her head towards a sound

'If your baby turns her head in the direction of a sudden sound, she's reached a milestone by realising that something has happened to cause that sound, rather than simply accepting there is a sound,' explains parenting expert Luiza DeSouza. 'It means her brain is developing properly because she can turn her head towards sound, even though she may not understand yet exactly where it is coming from.'

To support this skill, which typically develops between two and four months of age, hold a musical toy in front of your baby and move it from side to side. Your baby will follow the toy with her eyes and

later her head. Also, try calling her name while you are out of her sight. After a few moments, move into your baby's line of sight so she can see you made the noise.

Knows her own name

From a relatively early age, your baby is likely to turn towards you when you say her name. But as she nears six months of age, she may start to glance towards other people when they say her name, indicating that she understands that sound relates to her.

'Up to six months or so, a baby doesn't see herself as a separate entity from her mother,' says Luiza. 'As she begins to gain independence, she slowly discovers she is a separate member of the family. Reaching this milestone means that your baby has taken a small step towards this realisation. She knows that she has her own identity.'

You can help your baby learn that everyone and everything has its own identity. Clearly say the name of the object or person when your baby is focused on them.

Shares with others

Shortly after her first birthday, you may notice your baby starts to voluntarily offer her food and toys to you. 'This behaviour indicates your baby has made the huge leap to thinking about other people,' explains Luiza. 'A child initially believes that everything exists simply to please her. It's a basic survival instinct to take care of ourselves first. But as she starts to learn empathy, she thinks about someone else's welfare too and wants to please them.'

Support this skill by playing a game with your child's favourite toy. Ask her if you can hold it for a moment. When she hands it to you, say 'thank you!' with a big smile. Hand it back before she asks for it.

Laughs at something you said

Your little one will have been giggling at physical contact and fun games from an early age, but she won't laugh at something you said until she reaches 12-15 months.

You'll notice her grin slowly turn into a chuckle during a game. 'Your baby now understands that things can be funny, other than giggles being forced through tickling,' says Luiza. 'It's a short hop from here to her trying to make you laugh.'

Not all babies laugh at the same things, so make funny faces and noises and play peek-a-boo to find out what makes your child giggle. Developing a sense of humour is a learning process, and some babies are more cheerful than others. It will take some babies longer to learn to laugh, so be patient.

Sings and dances

It's a particularly magic moment when your little one naturally claps, wiggles and croons when she hears music, and this usually occurs around the age of 14-18 months. 'This behaviour demonstrates that your child has an ability to feel joy,' says Luiza. 'Dancing will help her learn that it's good to relax and will build her self-esteem as she is increasingly able to move her body in time to the music. It also indicates she is physically confident and has good motor skills.'

Children learn many skills by copying adults and their older siblings. Dance with her, and encourage her by copying her dance moves yourself – whatever they look like!

A sense of
humour develops
at around
12-15 months



Recognises herself in the mirror

Most tots love to look at themselves in the mirror, pulling funny faces and feeding their curiosity about this 'other' baby. But at around the age of 18 months, she'll start to understand that the reflection is herself.

To test this, try putting a dab of lipstick on her forehead. If she touches the spot on the mirror, chances are she doesn't understand the reflection is her. But if she touches her own forehead, she does.

You can have lots of fun while helping your toddler to reach this understanding. Stand with her in front of a mirror and touch your nose, then ask her to do the same. 'This gives her a sense of distinction between her nose and Mummy's nose, and develops that sense of self,' says Luiza.

Plays independently

If your child can entertain herself for 10 minutes or more, she's playing independently. This usually happens at 18-24 months. 'It means she has developed a sense of independence – and has a wish for more,' says Luiza. 'It's also a sign that her imagination is growing.'

Support this skill by providing your toddler with toys that encourage her to use her imagination, such as wooden blocks. And don't think you have to leave your child alone for her to be playing independently. A little one will happily play by herself sooner if you are in the same room. Be interested in her game and chat about what she's doing, even though you are focused on another task. This also allows you to check she's playing safely.

THE TRADITIONAL MILESTONES

According to official NHS guidelines, your baby should:

- ♥ **1-4 weeks** love looking at faces and startle at sudden noises
- ♥ **4-6 weeks** smile
- ♥ **4-12 weeks** lift her head
- ♥ **3-5 months** reach for objects
- ♥ **5 months** hold objects
- ♥ **6 months** pass an object from hand to hand
- ♥ **6-8 months** sit without support
- ♥ **6-9 months** grow a first tooth, try to crawl and pull herself upright
- ♥ **9-11 months** drop objects
- ♥ **10-18 months** walk
- ♥ **12-18 months** start to take an interest in words
- ♥ **15-18 months** begin to be able to build with blocks
- ♥ **18-24 months** learn to kick and throw a ball and start to put at least two words together ■

At around six months old, your baby will recognise her name when called, even when she's playing





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Charlie playing director with Mummy at work



In Vegas after Charlie's first helicopter flight at four months with his dad at the controls!



Hanging out with Mummy backstage during Katy's pantomime run



Still entertaining and bouncing around at eight months. 'I must have been crazy!' says Katy

'No one can be *that* perky all the time but I try!'

Bubbly CBeebies presenter **Katy Ashworth** is as enthusiastic at home with her son Charlie as she is on-screen



Katy on her CBeebies show *I Can Cook*

KNOWN FOR HER boundless energy and enthusiasm, Katy Ashworth is likely to be a regular guest in your home via CBeebies programmes *I Can Cook* and *Justin's House*. As well as appearing in live stage tours and writing a new series of children's books, the 28-year-old is mum to 16-month-old Charlie. And as a mum she's just as full of fun and enthusiasm...

Have you always been the energetic Katy we see on television?

I have! I've always been a naturally bouncy person, even as a child. I was the one who used to get the kids singing on the bus to school.

But surely your energy levels are lower now you're a mum?

I'm constantly exhausted – it's my default mode! I've just finished a panto season, where I worked every day from morning till night, while waking up with Charlie during the night if he didn't sleep through.

How do you combine CBeebies Katy and mummy Katy?

My life is crazy, unstructured and erratic but I try to concentrate and compartmentalise. When I'm in the studio I have fantastic childcare with a part-time nanny and nursery a few mornings every week. I only work two or three days, so the rest of the week I'm just Mum. When I'm on a tour like CBeebies Live, it's all-consuming and I don't see Charlie as much as I'd like. The day I started filming the CBeebies panto, Charlie took his first steps without me being there. I burst into tears when his nanny told me.

Do you find it a challenge to be such a busy working mum?

Right now, I'm trying to accept the compromise of combining work and being a mum. I've realised I just have to live with it and get on with it. It quickly became apparent how unrealistic some of my expectations were about juggling work with Charlie. I figured I could work or catch up when he was napping. Wrong! I'm just too dog-tired. So, if I need to work, he goes to nursery. And when I'm with Charlie, I focus on him.

Did you feel better prepared to be a mum after all your experience working with kids?

Yes, being so used to children I instantly felt comfortable and natural becoming a mum. The biggest skills I've learnt from children's telly that I use with Charlie are patience and staying calm under pressure when you're juggling a million things. You can't have a meltdown on telly because things are too hard or not going your way, and it's the same at home with me. Laughter helps a lot too! But certain things did feel alien to me as I'm such a spontaneous person. I found it hard to get used to planning and making sure I had got everything I needed before I took Charlie out.

What do you enjoy most about working with kids?

They have such a raw, honest energy, which is much harder to find in adults. I also have the same sense of humour as a five-year-old. In the studio, we're like naughty schoolchildren and the director sometimes has to send us off set till we can pull ourselves together – like when the kids spit things out or if we have an animal on set that inevitably does a large poo.

Are you as good a cook at home as you are on telly?

I love cooking for Charlie! His favourite is carrot and coriander soup, and he's a big fan of sweet potatoes. I always keep breakfast simple, but dinner time is when I experiment with new foods or tastes. I want him to have an eclectic palate. He hasn't tried my Grape Pizza (one of Katy's most popular *I Can Cook* dishes) yet but I will try it with him soon.

Does Charlie help you cook at home?

He's a bit young yet, but when I'm cooking, I explain everything that I'm doing in the kitchen to him in simple, clear words, so he understands. We have to eat and we may as well take joy in it. Teaching children this at a very young age is essential so that it's ingrained. Ninety-five percent of the time on *I Can Cook*, children will eat food that they've refused to eat before, simply because they've participated in making it.



What does Charlie think about his mum being on telly?

I'm not sure he's totally grasped it yet because he sees me in the room and then I'm also on the screen, although he does go 'mmmm, mmmm' excitedly, trying to say 'mummy'. I took him on tour with me last year, which was pretty arduous, but he loved seeing all his favourite characters, like Mr Tumble. When's he a little bit older I'll take him down to the CBeebies studio more often.

Do you ever switch off?

It took me a long time to realise that, after a long day being energetic in the studio, I need quiet, calm time at home, reading or in the bath. No one can be quite *that* perky all the time, but I try! ■

Katy appears on CBeebies daily. For details of her summer tour, visit katyashworth.co.uk



Katy buying her first pack of nappies!



Charlie exploring in the local park, his favourite place

THE BEST PARENTING ADVICE I'VE EVER HAD

'Observe and watch your child to find out what he's interested in. Then help him to explore some more. Right now, Charlie loves the moon.'

Breastfeeding Positions



MEET THE EXPERT
Rosemary Dodds
is a trained NCT
breastfeeding
counsellor

Try these six main holds and see which is best for you and your baby

THERE IS NO RIGHT OR WRONG

breastfeeding position, only ones that work best for you. Everyone's a different shape and babies have feeding preferences too, so experiment. You may find one position works well for daytime feeds, but another is better for night-time. It's worth having a range of tried-and-tested positions to help with any short-term problems that affect feeding, such as teething or sore nipples. And bear in mind that whichever holds may suit you and your baby right now, others might be more comfortable as he grows. All these positions can be used by all mums and babies. Just make sure you're comfortable before you start, as you may be in this position for some time!

LAID-BACK

With plenty of cushions behind you, lean back into a semi-reclined position. Place your baby on top of you, his tummy on your tummy, with his nose near your nipple. His body

should be parallel to yours. Support him with a hand on his bottom. Allow him to wriggle into a good position and attach himself to your breast – this may take a while at first.



Try it This is a great position for a newborn as it allows him to take the initiative and explore breastfeeding for himself. It also gives the all-important opportunity to feed skin-to-skin, and is good for tired mums as it's such a restful position.

CRADLE HOLD

In a sitting position, hold your baby with the arm that's on the same side as the breast he'll be feeding on. Your hand should be on his bottom, and his head will be

cradled against your elbow. He should face inwards with his nose at your nipple. If your baby is young, try placing a pillow or cushion on your lap to support your arm.



Try it This is a straightforward and discreet option when you're out and about as you're in a normal sitting position. It's a relaxing position for your baby as he doesn't have to expend much effort, which can be useful for small or premature babies.

CROSS-CRADLE HOLD

In a sitting position, hold your baby with the arm that's on the opposite side to the breast he will be feeding on. Your hand should support your baby across the back of his

shoulders and neck, rather than holding his head. Your other arm lies underneath him for more support. While your baby is small, a pillow or cushion on your lap will support your arm.



Try it This is a secure position and can be used when you're standing up, allowing you to walk around to calm a very upset or colicky baby. It's a good position when you're out and about and is useful for premature babies with little neck strength.

LYING ON YOUR SIDE

Lie on your side on the bed, with your baby lying parallel to you, his nose at your nipple. He should face you with his hip, ear and shoulder in a line so he can feed comfortably. Place

a hand on his bottom to pull him towards you, but leave his head free so he can move it as he needs. Bending your knees will help to keep your baby in the right position.



Try it This is a comfortable, restful position that suits all breast sizes, and is ideal if you've had a c-section or have post-birth stitches. Try it, also, if your baby has problems latching on. For an older baby, this hold means you don't support his weight.

UNDERARM HOLD

With your hand and arm supporting his neck and body, tuck your baby under your arm so his feet point behind you. If he's feeding

from your right breast, support him with your right arm. Place cushions behind your back to make room for his legs and feet.



Try it This hold keeps your baby's feet away from a c-section scar. It's good for large-breasted women and easily distracted babies. Use it to feed twins simultaneously or to let a sibling sit on your lap. If your baby prefers to feed from a particular side, use this alongside the cradle hold.

LYING ON YOUR BACK

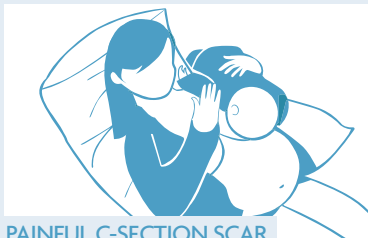
Lie down on a bed, flat on your back with your knees bent, and lay your baby face down on top of you, his nose at the same level

as your nipple. Support your baby with your hands but let him manoeuvre his own head to attach and feed as he pleases.



Try it This position is useful if you have a fast milk let-down, using gravity to naturally slow your milk and allowing your baby to control his head and react to the flow. It's a comfortable position for women with small breasts and facilitates a high level of skin-to-skin contact.

SOLVE A PROBLEM WITH THESE UNUSUAL POSITIONS



PAINFUL C-SECTION SCAR

To keep your baby away from your scar, follow the tips for the laid-back hold, but lay your baby over your shoulder, supporting him with both hands.



BLOCKED MILK DUCT

Place your baby on a firm cushion and kneel over him. Let him feed from the sore breast first, with his chin nearest the blockage, to massage the blocked duct.



EAR INFECTION

To avoid your baby leaning on a sore ear, sit him so that he straddles one of your legs, facing your breast, and support him with your hands.

**MORE TIPS
ONLINE
FOR FEEDING
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MOTHERANDBABY.
CO.UK/BREASTFEEDING



For mum-to-mum breastfeeding support, visit nct.org.uk or call 0300 330 0700 (between 8am and midnight) to speak with a trained breastfeeding counsellor

Guess How Much I Love You?

Alongside the tantrums, toddlers have heart-melting outbursts of affection. These *M&B* mums share their little ones' most memorable expressions of love...

'SUCH A SWEETIE'

REBECCA URIE, 27, FROM BANSTEAD, IS MUM TO MAX, 2

'When I was newly pregnant with my second child, I rested on the sofa for the first few weeks, as I felt so rough. Max would bring me his 'blankie' and then bring his teddy bear for me too. He's such a sweetie. I've always wanted my children to be raised to be kind people, so when Max does something like that it makes the hard times worth it. It shows he loves me, though he's too little to say it, so that's very special.'



'MAKES ME SMILE'

NICKI WOOD, 39, FROM WORTHING, IS MUM TO GENEVIEVE, 2

'Since she was tiny, Genevieve has been full of cuddles and kindness. She'll walk into the bathroom when I'm getting ready to go out and say, "Mummy, you look like a princess." We've suffered bereavement in our family this year, and she immediately expressed concern. She has been dishing out cuddles to help, even though she doesn't really understand what's happened. When Genie says, "I love you so much", it makes me smile inside and out.'



READ MORE
ABOUT
TODDLERS
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CO.UK/TODDLER](http://MOTHERANDBABY.CO.UK/TODDLER)

'MY DOTING MISCHIEF'

NELL HESHRAM, 39, FROM LONDON, IS MUM TO AUSTIN, 4



'Last Saturday my son Austin persuaded his dad to help him make breakfast in bed for me – and it wasn't even my birthday! When he suddenly decides to become the doting son, I'm always shocked because most of the time he's a lovable but mischievous monkey!'

'SLEEPY LOVE'

DONNA BILLSON, 36, FROM WARWICKSHIRE IS MUM TO LAILA, 3



'My toddler has suddenly become exceptionally loving. Last week while I was putting her to bed, she was all dozy and snuggling up with her teddies. I kissed her head and said, "I love you so much, sweetheart." She replied, "I love you even when I am sleeping, Mummy." It was too cute for words!'

'NO BETTER FEELING'

JENNA PARRINGTON, 26, FROM BURNLEY, IS MUM TO NOAH, 1

'Noah was 10 months old when this picture was taken as he spontaneously gave me a huge smoochy kiss when I was putting him into the car. He's a year old now and always seems to give kisses and cuddles at the most random times. It makes my heart ache with love when he shows affection towards me. There really is no better feeling in the world.'



'MELTS MY HEART'

STEPHANIE OAKES, 32, FROM MANCHESTER, IS MUM TO JACK, 3

'Jack is a really caring and loving boy who always pays me compliments, which is so lovely. He notices when I've painted my nails and comments how 'pretty' they are. Or if I wear a new dress he tells me that I look beautiful. It melts my heart. He is now a very proud big brother to six-month-old Phoebe. And if she's wearing a pretty dress, he tells her she looks cute too! It's adorable.'



'SHE'S SO GENEROUS'

VICKY CHARLES, 33, FROM SALISBURY IS MUM TO SAMAIRE, 2



'Last week we were running low on bread and I'd forgotten to pick up a fresh loaf on the way home. The next morning, there was only one slice left for breakfast, so I made toast for Samaire and I just had a mug of coffee myself.'

She picked up her toast and began eating, then handed me one of the triangles, saying, "Mummy turn!" Samaire is such a sweet girl, and I'm often told stories of her helping or sharing with her friends at nursery. But this was the first time I'd seen her do it, and with no prompting. I felt really touched that she would share her breakfast with me and proud that she should be so generous!'

HOW TO SHOW LOVE LIKE YOUR TODDLER DOES

Toddler love is spontaneous and fearless. It doesn't get distracted by checking emails or picking up laundry. Perhaps us mums should follow their lead...

1 Play 'I love you because...'

Tell your toddler what you love about him, and ask him to tell you what he loves about you.

2 Have breakfast in bed

Why wait for Mother's Day? Start a new Sunday-morning family ritual of cuddling up in bed together and start your day with love.

3 Tell it like it is

When you feel that heart-twisting moment of love as your toddler shows affection, don't be afraid to voice those feelings. Explain what he's done to make you feel so good too.

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Important notice: Breastfeeding is best for babies. Breastmilk provides babies with the best source of nourishment. Infant formula milks and follow on milks are intended to be used when babies cannot be breastfed. The decision to discontinue breastfeeding may be difficult to reverse and the introduction of partial bottle feeding may reduce breastmilk supply. The financial benefits of breastfeeding should be considered before bottle feeding is initiated. Failure to follow preparation instructions carefully may be harmful to a baby's health. Infant formula and follow on milks should be used only on the advice of a healthcare professional.
*99.8% of 515 mums using HiPP Organic who have changed from a different brand agreed either 'strongly' (62.5%) or 'slightly' (37.3%) with the statement 'my baby seems happier'. Research conducted July 2013.



6
PAGE
GUIDE



Build A Secure Bond

Gain a deeper understanding of how your baby communicates, and put your new skills into practise, and you'll be surprised how much stronger your connection becomes

No one knows your baby as well as you. But know a little more and you'll be able to build an even stronger, longer-lasting bond. Establishing a secure connection between the pair of you relies upon effective communication. This guide will help you optimise how you connect with your baby. It outlines how he communicates and comprehends, so you can recognise his subtle cues

and respond more effectively. And you'll find activities to refine these heightened skills. It's a self-perpetuating process. Your easily understood responses will instantly reward and renew your baby's efforts. The frequency and depth of your interaction will skyrocket and your bond will deepen.

At birth, your baby's brain is 25% of its adult size. But by the age of two, it

has grown to 75%, facilitating huge leaps in his ability to communicate. So be prepared to adapt how you relate to him as his skills develop.

Your baby was born with an instinctive wish to interact with you and use all his senses to form a strong bond. So listen to what he has to 'say' and discover who this little person is. He is trying to fathom you out too! ►

How To Communicate



MEET THE EXPERT

Dr Victoria Southgate is a developmental cognitive neuroscientist at the Birkbeck Babylab (cbcd.bbk.ac.uk) and contributed to *Watch My Baby Grow*, £16.99, dk.com

♥ NEWBORN

When your baby is born, he already has the skills to immediately recognise and bond with you. 'A newborn is very quick to develop a relationship with his mother, who usually offers his main means of survival,' says Victoria. He can recognise your voice and hearing it soothes him, even when he is asleep. He also knows your scent and the smell of your breastmilk. Use these senses to communicate with him with skin-on-skin contact and gentle chatter.

At birth, your baby's vision is unfocused and he can only 'see' to a distance of 30cm. 'Your baby can detect if you are looking at, or away from him,' explains Victoria. 'It's important to him that you *do* look at him.' He'll recognise you by the shape of your head and your hairline – which is why he may be upset if you appear with your hair up!

He communicates mainly by crying, to prompt you into action and remove the cause of his discomfort.



♥ 1 MONTH

After four weeks of life outside the womb, your baby has made huge strides in his ability to communicate. He can now focus his eyes and see details of your face. 'A baby is intently interested in faces,' says Victoria, 'which is important if he's going to learn vital skills such as language.' He'll be happy to gaze at yours for minutes at a time – so let him!

He will also begin to smile purposefully now. Previously, his smiles will have simply been practice manoeuvres, but now he responds directly to you, in particular to your voice. 'All babies instinctively start to smile at a very similar age,' says Victoria. 'And if you support this early behaviour by copying it and smiling too, they're likely to do it more. Most parents instinctively imitate their babies and that's crucial to a baby's learning.'



♥ 2 MONTHS

Watch carefully and you will notice, from around six weeks, your baby start to open his mouth and move his tongue purposefully. He might also move his hands or arms at the same time. This is called 'pre-speech' and is your baby's latest communication skill. 'Recognise that your baby is trying to communicate with you,' says Victoria, 'and talk back. This is crucial. Research shows that babies are not persistent. If you don't respond, they'll stop trying. And those babies will learn less than those who get an appropriate response.'

He'll also have started to make vocal sounds. At first, these will be vowel sounds such as 'ooo' or 'aaa', and your baby may get upset if you don't copy or respond to his efforts. He'll listen intently to you – watch and you may see him move his body in time to your speech. He has good control of his eye muscles now so your face becomes far clearer. Don't underestimate how much he still enjoys looking at it.

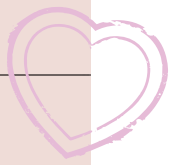


♥ 4 MONTHS

Physically, your baby is far stronger and uses his body more. Heed his behaviour and try to work out what it means. So if he reaches for an object, communicate that you understand by passing the object to him. 'Mothers who naturally tend to their babies' communicative efforts are more likely to respond appropriately,' says Victoria. 'And their babies are more likely to learn faster.'

Your baby now hears the sounds you make distinctly and listens to them carefully. He'll try to make the sounds you do and will enjoy you repeating these back to him – your first conversation! 'It doesn't matter what you say, as long as you talk back,' explains Victoria. 'It's not just about teaching your baby words and their meanings. You're also showing him you are a social partner who will reliably respond to him in a predictable way – and that's really important!'





♥ 6 MONTHS

By now, your baby is trying hard to get a handle on the tricky business of speech. He'll often babble and make repetitive sounds, 'speaking' in nonsensical 'sentences' to mirror the way you talk. 'He understands that communication is a two-way process and will anticipate and expect your answer,' says Victoria. He'll have mastered all the vowel sounds by now, and about half of the consonants. Listen to his babbling and you'll quickly be able to work out those he knows. As his speech develops, he'll start to make recognisable sounds. 'At first, these will be repetitions such as 'ma-ma' or 'da-da-da', says Victoria. 'Respond to your baby with the actual word you think he is trying to say, rather than repeating his babbling, to support his learning.'

He can see you from across a room now and will squeal and coo to get your attention. Respond to reward his efforts.



♥ 9 MONTHS

Usually on the move by this age, your baby will realise that he is physically separate from you. 'As your baby starts to become more independent, you might notice him looking back at you to check that what he's doing is safe,' says Victoria. 'If he was with his mum, he wouldn't need to worry – he knows Mum would make sure it was safe. But without her, he'll look to check.' Notice these backwards glances and reassure or redirect him.

His hearing is now well developed and he'll respond to your voice even if it's very quiet. Make the most of this by chatting to him when you're out of his sight. His vision is nearly as good as an adult's, so he can see and understand more of your body language. His babbling will start to include more recognisable sounds and he's aware of the power of communication, being more likely to cry if you are nearby.



♥ 12 MONTHS

Your baby may well be able to say one or two words, and can follow simple commands, demonstrating that he understands what you say. 'Babies understand way more than they can speak at this age,' says Victoria. 'Parents are often preoccupied with whether their baby is talking yet, but it's comprehension that's important. Babies who understand more at one year do better at academic assessments later in life.'

Now that his verbal skills are coming to the forefront, don't forget to heed your baby's body language too. Notice when he is pointing at an object – he may point with his whole hand rather than a finger, so it might not be obvious. 'This is a baby's way of finding out the name of an object,' explains Victoria. 'Respond by telling him all about the object to help him learn. If you don't respond, he'll soon stop trying.'



♥ 18 MONTHS

Your toddler will now increasingly use language to fulfil his own needs. 'A baby acquires lots and lots of new words at this point, and it's important to demonstrate that you understand what he's saying so he knows he's got the right word. Show him he's succeeding and using his language appropriately,' says Victoria. Pass him the toy when he asks. Tell him the name of the object he's pointing at. Smile and say thank you when he blows you a kiss. Don't overrule him every time he says 'no', but ask him why he doesn't want to do whatever it is. He'll be delighted that you have listened and understood. 'But the single most important thing you can do is to keep talking to your baby,' adds Victoria, 'and give him the best chance of developing his own language skills.' ►



How To Boost Your Bond



MEET THE EXPERT

Sarah Ockwell-Smith

is a parenting expert and specialist in developmental psychology.

THESE 10-MINUTE ACTIVITIES are all designed to make the most of how your baby interacts with you, and her physical capabilities, at a particular age. Use them as a starting point to fine-tune the communication between you and her. Many are well-known games you've probably played many times before. But use them as a bonding tool and they will help you notice and learn the subtleties of how your child communicates. Heed what she is

telling you and as you respond to her needs, so your bond will increase.

The benefits of intensifying the tie between you and your child go far beyond the obvious of building a healthy relationship. Bonding strongly with your child operates on a chemical level too. The release of the hormone oxytocin that occurs during a close moment between mother and baby can literally change your child's life. 'The first three years of her life really affect the development of her brain and personality,' explains Sarah. 'Without a doubt, science shows us that the most important thing in a child's life in these formative years is a close, loving, nurturing relationship with her mother. And play is a wonderful way to bond and connect.'

♥ NEWBORN

COSY CUDDLES

Your baby is not yet ready to play games. To bond during this period, your priority should be to help her transition from womb to world. 'There is no better way of bonding with a newborn baby than by simply cuddling her with lots – and lots – of skin-to-skin contact. This physically encourages closeness by raising oxytocin levels in both mum and baby, which facilitates bonding,' says Sarah. 'Think of your baby as not yet mature enough to be living 'earthside', and aim to replicate life in your womb,' she adds. 'Cradle her in a curled-up position, keep her warm and feed her little and often.'

MORE ON
BONDING
WITH YOUR
LITTLE ONE
MOTHERANDBABY.
CO.UK/TODDLER





♥ 1 MONTH

COPY ME!

Although pretty fuzzy, your baby's eyesight will be improving. By four to five weeks, she'll be able to start focusing for the first time. She will be able to see your face a little more clearly and enjoy trying to mimic your facial expressions. Place your baby on her back on a playmat and hover your head directly above her head. Stick your tongue out and back in, and watch what she does. If she copies you, return the compliment – she may well copy you again. Next, open your mouth into a big grin and see if she mimics you. 'Psychologists call this 'reciprocity', explains Sarah. 'It's all about being in tune with each other, which is so important for bonding. But it's not just about your baby learning. This game makes you watch your baby closely, and really get to know her expressions – and that's the main benefit.' As your child gets older, play the same game but mimic her babbles as well.

♥ 2 MONTHS

GENTLE MASSAGE

When your baby reaches eight weeks, introduce massage. Before this age, it can over-stimulate. Lay her on her back and, using edible unscented oil, such as organic sunflower oil, make circular, clockwise motions on her tummy. 'As you massage, sing and talk to your baby, watch her body language carefully. Is she enjoying what you are doing and would like more? Does she prefer it faster or slower? Is she getting tired? Respond accordingly,' suggests Sarah. While your baby enjoys the skin-to-skin contact, this activity will also help you to notice and understand what your baby is trying to tell you. 'It also gives you the chance to relax, physically connect with your baby, look at her face and bond,' says Sarah. 'With an older baby or toddler, it's not realistic to expect her to lie still for a massage. But even if you're sitting watching TV with them, make physical contact by gently rubbing an arm or leg.'

♥ 4 MONTHS

ROW THE BOAT

A baby can become more challenging to look after as she reaches four months. Her vision is improving, she wants to explore, but can't move around yet, which can be frustrating. 'Her mind is ready but her body is weak!' says Sarah. 'A great way to bond with your baby now is to physically help her move and ease her frustration. There's no better game than Row The Boat. Sit her on your legs and, holding her hands, move her back and forth. For maximum bonding, make eye contact and add crazy moves to make her laugh out loud.'

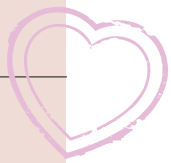


♥ 6 MONTHS

HUMPTY DUMPTY

At this age, your baby will begin to enjoy turn-taking games and anticipating what's coming next, like the next line of a nursery rhyme. Tap into her developing sense of humour with a game of Humpty Dumpty. Sit on the floor with your legs bent and your baby sat up on your knees. When you reach the 'had a great fall' line, bounce your legs down to the ground. 'Once you've played this many times, your baby will know what to expect and will start jumping up and down, ready for the 'fall', says Sarah. 'Laughing together like this is a great way to bond.'





♥ 9 MONTHS

PEEK-A-BOO

Your baby is at the peak of separation anxiety, and will probably get upset when you leave the room or leave her in the care of someone else. 'Your baby has realised that she is separate from you so worries you may not return,' explains Sarah. 'Playing the game of peek-a-boo helps to strengthen your bond by teaching her that, although she can't see you, she can trust you to return.' Sit your baby up, put a blanket over your head, and ask, 'Where's Mummy?' Then pull the blanket off, saying, 'Here I am!' Encourage her to play too, briefly placing a muslin cloth over her eyes, and mirror her concerns by asking, 'Where have you gone?'

♥ 12 MONTHS

FARMYARD FUN

A baby is usually mobile by her first birthday, whether by crawling, bottom shuffling or walking. To bond with your baby at this age, get down on the floor with her for some gentle 'rough and tumble'. Farmyard Fun involves you pretending to be a mooing cow or a snorting pig. Kneel down on all fours and let your baby sit on your back as you pretend to be a farmyard animal. Encourage her to make the animal sounds with you. 'Getting down on the floor and playing physical games puts you at the same level as your child, instantly improving communication. You've probably been towering above her for most of the day! And laughing stimulates bonding,' adds Sarah.



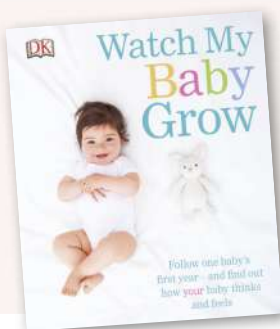
♥ 18 MONTHS

HIDE AND SEEK

Bonding is a two-way process and at this increasingly independent age, it's important to let your toddler feel she has some control over you. A game of Hide and Seek is perfect. 'She will feel like she's winning the game when she finds you,' says Sarah. 'It's great to see her hiding by simply closing her eyes. A toddler thinks everybody has the same viewpoint on the world as she does, so if she can't see you, you can't see her!' Limit the game to one room and pick an obvious hiding spot, such as under a blanket on the sofa. 'Let your toddler be the one in control to maximize the bonding,' says Sarah. 'This will also dramatically improve her behaviour, which will have an instantly positive effect on your mother-to-baby connection.'



10 COPIES OF WATCH YOUR BABY GROW TO GIVE AWAY!



We've been captivated by DK's latest book, *Watch Your Baby Grow* (£16.99, dk.com). It tracks the first year of one child's life, following her developing physical and emotional abilities. Combining DK's

trademark great photos and the latest in scientific knowledge, it provides a fascinating insight into life from a baby's point of view. Understand how your baby thinks and feels, and the bond between the two of

you can't help but strengthen.

● *M&B* has 10 copies of *Watch Your Baby Grow* to give away. To be in with a chance of getting one, email share@motherandbaby.co.uk and put 'Bonding' in the subject box.

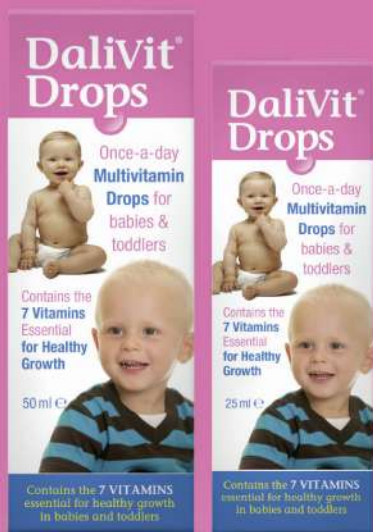
Terms & conditions: Competition open to UK residents only. Entrants must be 18 years or over. Entries close 10 April 2015. The winners will be selected at random and notified by email.

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Have A Happy Mother's Day

GET READY TO PUT YOUR FEET UP!

Mother's Day is on 15 March so, to celebrate, we caught up with Fearne Cotton, Radio 1 presenter, *Celebrity Juice* captain and ambassador for the Tesco Mum of the Year Awards 2015. With an about-to-turn-two son, Rex, and step-children Arthur, 12, and Lola, 9, it's a wonder she has a moment to catch her breath.

'I suffer from I-should-be-at-home guilt,' says Fearne, 33. 'Doesn't every working mum? Women are now in this brilliant, unique place in history where we can be full-on workers and full-on mums, and we're only the second generation to be dealing with the logistics of that. It's new-found territory for women. I have my own set of rules. Today I'm working but tomorrow I won't even be on email. I'll be at home and will totally disconnect myself from my job.'

'I was a workaholic before [having children], but when you're a parent you have to find your own barometer of what feels right. I went back to work after eight months. Any less would have been a mind muddle for me. I like to have everything planned out but as a mum you need to adapt to having ever-changing plans. That was a big learning curve for me. It still blows my mind every single time I hear Rex shouting "Mum!". It's just the most miraculous thing.'

● For more info on the Tesco Mum of the Year Awards 2015 visit tesco.com/living or see @Tesco #MumoftheYear on Twitter.



Fearne says
mums have
to be
adaptable

Pregnant? Get Set For Great Sex!

Pregnancy lovemaking brings unexpected pleasures and pitfalls. Be brave, discuss these potentially toe-curling issues with your partner, and a fun few months await!

A GROWING BUMP, fluctuating libido and sky-high hormones mean many not-so-subtle changes have to be made to your love life during pregnancy. But the route to great pregnancy sex is simple – it's all about good communication with your other half.

Despite having got baby-making down to a fine art, it can still be embarrassing to initiate nitty-gritty talk about sex, no matter how close you and your partner are. But to make the most of your sex life when you're expecting a baby, you really do need to have a few conversations about what now works – and what doesn't – for both of you. Here are some of the common issues parents-to-be are concerned about...

“Can you feel the baby when we make love?”

While this can be a worry for pregnant women, it can be an even bigger concern for men. In extreme cases it can prevent an erection or result in erection loss upon entry.

But rest assured, penetrative sex will not result in your partner prodding the baby or hurting it with his penis. The foetus sits far higher than the end of your vagina and is protected by the amniotic sac.

‘Men worry they can feel the baby during penetration as pregnancy

progresses and the womb moves lower,’ says sex expert Dr Petra Boynton. ‘But even though things might feel a little different, there's no need to worry about the baby unless you have a history of miscarriage, or if penetration is painful or uncomfortable for either of you. If this is the case, tell your GP or midwife. Try a position that doesn't enable such deep penetration, such as spooning side by side, or leaning up against a table.’

“My boobs leak when I orgasm”

Pregnancy body changes can come as a shock, if you're not expecting them. ‘Some women find their boobs leak when they orgasm later in pregnancy,’ explains Petra. ‘It could be just a dribble or a full-on spray. While this is normal, not all women are comfortable with it. If that's you, keep your bra on and use breast pads (as used by breastfeeding mums) when you make love.’

“Does the baby know what we're doing?”

The thought of the baby being aware of their parents making love can be a worry for some mums- and dads-to-be. Some couples feel guilty for doing it ‘in front of the baby’ but sex during pregnancy is healthy and normal, and your baby will be largely oblivious.

‘Both men and women can worry about the baby ‘knowing’ they are having sex,’ says Petra. ‘The baby will feel some movement and hear your voices and other sounds, but he won't have any emotional response to it. Some

babies move around while their parents are making love, and others sleep all the way through. Either way, there is nothing to feel guilty about.’

“Do we have to stick to straightforward sex?”

There is no reason why sex has to become staid with pregnancy. It's all about doing what is comfortable and pleasurable for you. ‘If you're using sex toys – and it's fine to do so – you need to be more aware of cleanliness when you are pregnant,’ says Petra. ‘It's best if you don't share the same toy. Or put a condom on the toy to avoid the possibility of infection.’

“Sex makes me so emotional now”

Pregnancy hormones can make your emotions volatile even during the most mundane of tasks. So in the throes of making love, you could lurch from dramatic highs to crashing lows. Your orgasms might feel different, as could your whole attitude towards sex, both during and afterwards.

‘Some women find they have much more intense orgasms in the second and third trimester,’ Petra says. ‘You might have more than one and they might be stronger than you are used to. They may leave you feeling weepy and emotional too. Pregnancy hormones and body changes are the cause, and it's completely normal. Those same hormones may also make you very demanding for sex or put you off it altogether.’



MEET THE EXPERT

Dr Petra Boynton is a social psychologist and agony aunt specialising in sex and relationships.


“I don't look sexy
any more”

Despite what you may think, your changing body shape may well be a turn on for your partner. But while you might worry about your new crop of stretchmarks, they're most definitely the last thing on his mind when you are making love.

'Think about it from his point of view,' says Petra. 'Your growing baby bump means you will have to experiment with different positions. It's highly unlikely he'll mind that your growing bump rules out the missionary position.' As your pregnancy progresses, you'll have to tell him what you want and enjoy as your needs change, and this will typically be welcomed by him.

He isn't so naïve as to think that you are going to grow a baby without undergoing some pretty major changes in your own physiological make-up. So, although he may not know specifically what to expect, he probably won't be surprised that there are plenty of physical changes.

So let him know that you still fancy him, and invite his comments on how he finds your changing body shape. Have all of these conversations and, in his eyes, your rapidly expanding girth and the pile of *M&B* magazines on your bedside table won't make you any less sexy than the person he first fell in love with! ■


MORE TIPS FOR
MAKING LOVE
WHEN YOU
HAVE A BUMP
MOTHERANDBABY.
CO.UK/PREGNANCY-SEX

If anything hurts
during sex or foreplay,
or you have bleeding,
tell your GP and
your midwife.

IN WITH THE NEW

When spring cleaning and your 'nesting' instinct go into overdrive, you can still feel fresh and confident

WHAT IS IT ABOUT longer days, milder weather and the promise of spring that turn us into cleaning queens? A glimpse of sunshine and a hint of birdsong, and even the most housework-averse is knee-deep in dusters. Throwing in a spot of preparing the home for your new baby means lying in front of the TV on the sofa feels like a distant memory.

But as well as spring-cleaning the nest, you're likely to be juggling work, spending time with your partner, painting the nursery and tidying up after the baby shower. So the last thing you want is to let life's little niggles get in the way, like daily discharge and being fresh 'down there'. Discharge is totally normal. It even increases in pregnancy to stop infections travelling to your womb, helping to protect baby.

But wanting to feel comfortable throughout the day is normal too. Especially when you're dashing around the house before hosting a de-caff coffee morning with the girls. That's where Always Dailies Pantyliners come in. Designed to fit with your life as a busy

new mum or mum-to-be, they have a super-absorbent core which easily removes daily moisture and neutralises odour, keeping you dry and confident throughout the day.

When you're on the go, showering and underwear changing is always impractical, so try Always Dailies Individually Wrapped, which fit perfectly in your handbag. Thin, breathable and super discreet, they'll give you that boost of freshness. And that's what's needed when you're juggling appointments, socialising and that all important housework.



Always Dailies Pantyliners
Individually Wrapped
RRP £1*



Always Dailies
Flexible Pantyliners
RRP £1.55*

3 TIPS FOR SMART SPRING CLEANING

SAFETY FIRST

It's tempting to climb a ladder in the quest for a grime-free home but take care. A growing bump affects your sense of balance, so avoid physical risks.

BREATHE EASILY

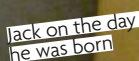
Spring is in sight so open up those windows and let the fresh air in. For further freshness and a touch of colour, add some cut flowers around the house.

FEEL FRESH

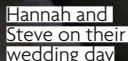
Most mums-to-be want a clean house, but achieving this can be hard work. To keep you fresh while you tidy, use Always Dailies Pantyliners.

FOR MORE INFORMATION, VISIT ALWAYS-INFO.CO.UK

always



Hannah and Steve Breeson have an extra-special reason to celebrate their son's birth



Steve proved to be the perfect partner during the first year of our relationship. One day while I was driving, a searing pain ripped through my abdomen. After tests, I was diagnosed with endometriosis, aged 25. I went on to have two operations to have endometrial tissue removed with a laser. Doctors told me that conceiving children naturally was likely to be a problem. It was a big blow.

As the years went by, though, I was disappointed every time my period came. Seeing neighbours' babies in the street where we lived, it was hard not ►

to feel 'why me?'. But we didn't allow it to consume us. Steve was always positive, which helped, and we just had to believe it would happen one day.

After six years of trying unsuccessfully, we went back to our doctor and were referred for IVF. Steve and I were thrilled and told all our friends and family. We didn't want to keep it a secret, as we were so excited and we also needed their support.

By the time we started our treatment at the Bourn Hall Clinic in Cambridge in 2011, we'd spent a long time building our relationship as a couple. We knew there was a strong chance there might still be just the two of us at the end of the process. It was hardly a worst-case scenario, so we refused to put pressure on ourselves and approached everything with a smile.

I remember we were always laughing. Everyone at the clinic, which didn't feel remotely like hospital, were all so positive. Going through IVF can be a difficult time but it brought Steve and I even closer as a couple.

THE MOMENT OF TRUTH

Steve was shown how to give me a daily hormone injection to stimulate my egg production. I then had some eggs removed. These were fertilised in a laboratory. Out of three that were viable, two were frozen and one was

implanted. We watched in awe on the screen as it was placed into my fallopian tube. We felt so lucky and grateful that this treatment was free on the NHS. Steve and I squeezed each other's hands and hoped for the best.

Two weeks later, we were in tears when my pregnancy test showed positive. We took another test a fortnight afterwards but it wasn't until we had a four-week scan that we truly believed the IVF had been a success. 'You're pregnant!' the staff told us. It was worth waiting all those years to hear those amazing words.

Straight away we told close friends and family. And I couldn't resist going shopping for baby clothes. During the pregnancy, I had extra scans and was closely monitored to ensure all was progressing as it should do.

Despite feeling tired, everything went smoothly. Steve found out what sex the baby was but I decided to keep it as a surprise. We were given a due date in early February and I remember thinking how lovely it would be if our baby was born near our anniversary.

WINTER WEDDING

At five months, I was feeling so tired at work that I took early maternity leave. At home with too much time on my hands, I came up with an idea and rang Steve. 'If I can arrange it before the baby comes, shall we get married?'

I asked. Steve thought it was a great idea. So, heavily pregnant, in December 2011, we had a small wedding at a local

church. Knowing our baby was there, sharing the moment with us, made our day all the more perfect.

PERFECT BIRTH PARTNER

Nearly two months later and two weeks overdue with no signs of labour, I was admitted into hospital to be monitored. To my disappointment, Steve wasn't allowed to stay overnight, as I still wasn't in labour.

But at 8pm the pains started, and Steve was called. At first he didn't hear his phone, though, and I went crazy.

We were in tears
when my pregnancy
test proved positive



Jack at two months
and happy as can be



Hannah with Jack
at three months

Thankfully, he arrived as my contractions grew stronger and was the perfect birth partner.

The labour hurt, as I'd expected, but I relished the experience since it was more than likely I'd never go through it again. Although we'd had other embryos frozen, our funding would end once we had a baby, making any further IVF attempts impossible. This was the one and only time for us.

GIFT OF LOVE

In the early hours of 14 February the pain grew very intense and I was given pethidine to ease it. But my labour progressed quicker than expected. When I pushed our son into the world

at 7.53am he still had the drug in his system and wasn't breathing.

I was exhausted and I don't remember much more than slumping back into the bed, feeling relieved it was all over. Poor Steve had to watch as our son was resuscitated.

He will always remember those few tense minutes before we heard our baby cry. The midwife finally put him in my arms and I felt such a rush of love, it took my breath away. Jack was perfect.

Because of his stressful start in life, Jack was taken to special care. It was tough being without him but we knew it was just a precaution. Within hours he was back with us. Once I'd calmed down, it dawned on me that Jack had been born on Valentine's Day – and on the 10th anniversary of our first date.

I know it sounds a bit soft but I felt like our family was finally whole, like a heart with no beginning or end – our extra-special version of a circle of love.

A SPECIAL DAY

From the moment Jack was born, Valentine's Day took a back seat for us as a couple. Now 14 February is the date of our son's birthday and he's the priority. We always throw a party for Jack and I resist heart-shaped balloons, despite red being his favourite colour.

This year Jack will be three. Like every year since his arrival, Steve and I will celebrate the miracle of his birth. After the party's over, we'll slump down on the sofa, exhausted, and wish each other a happy Valentine's Day. We wouldn't have it any other way.

Valentine's Day is the day we started our lives together and the day we were given our precious boy. At the moment Jack doesn't realise just how special the day is for us. One day we'll tell him the whole fantastic story, so he'll know just how long we wished for him to make us into a family. I truly believe our little boy was always meant to be. ■

Our precious little boy was always meant to be



Jack at the seaside at 18 months



Having Jack is the icing on the cake for Hannah, 37, and Steve, 46



How To Get The Best From Your Child's Carer

Heading back to work after your maternity leave?
Make your child care stress free – whoever's left holding the baby...



MEET THE EXPERT

Liz Bayram is CEO of the Professional Association for Childcare and Early Years.

GOING BACK TO WORK after having your baby will always come with an

emotional tug. But you can make it as stress-free as possible for you and your baby by establishing a good relationship with your child's carer. How you get on with them affect how happy your child is. By developing strong lines of communication and being honest about your needs, you will be able to tackle

any concerns that crop up. 'If you want everyone involved to get the best out of it, treat it like a partnership and be prepared to put in some effort,' says Liz Bayram of the Professional Association for Childcare and Early Years. Here's how to make your childcare run smoothly...

GRANDPARENTS



What's expected of them?

'It's critical to sit down and discuss what they are willing or not willing to do,' says Liz. 'Remember, if it's unpaid, it is not your parents' job.' If you need them to have a regular number of days every week as carers, make sure they understand that and put it in their diary. Explain why it isn't possible for you to work around last-minute cancelling if they fancy a change of plans.

If there are boundaries you want them to maintain, such as no sweets, then say so at the start. 'Treat it like a business arrangement to pre-empt any awkwardness,' says Liz.

What's expected of you?

While an easy baby can be fun for grandparents to look after, toddlers may be trickier. So review how the arrangement is working as your child grows.

While some give and take is required, if there is something you feel strongly about then deal with it. 'Stand your ground when it matters to you,' adds Liz. 'Have a grown-up conversation where you tackle the issue constructively, rather than criticising.'

CHILDMINDER



What's expected of them?

It is the childminder's responsibility to make sure there's a contract in place that makes it clear what's expected from everyone involved. So, for example, there should be a document explaining the hours and any agreed fines for parents who are repeatedly late.

As frustrating as it may be for a parent, a childminder will not be able to take care of your child if she has a contagious illness or doesn't feel well.

What's expected of you?

'Before you visit their premises, make sure the childminder is OFSTED registered and read their report,' says Liz. Check health and safety issues, such as premises and garden security, and if there are any pets. Also, make sure you are comfortable with their arrangements for driving.

If you notice something you don't like, address it sooner rather than later. 'Even in registered childcare, it's the little things that can cause fallouts,' adds Liz. 'But as with any relationship, if it's on your mind, it's often better to get it out in the open.'

FRIEND



What's expected of them?

A friend must stick to your agreed schedule. 'Rules must be implemented to make sure she doesn't cancel on her designated day,' says Liz. This not only lets the child and parent down, but it could impact on your friendship.

'If she's looking after your child as well as her own, she must try to ensure that the children are given equal attention and that both infants' routines are taken into consideration. That includes what to feed your

child,' adds Liz. 'Your friend will most likely have her own approach but that doesn't mean it's wrong. If you don't want your child to eat any junk food, provide your own healthy snacks to make things easier. And it's perfectly acceptable to ask her to not give out sweets until after you've collected your child.'

What's expected of you?

Communicate clearly what you want and need from this arrangement. 'You almost have to think of the

worst-case scenario in terms of your child's wellbeing, as well as happiness,' says Liz. 'For instance, what steps is she taking to ensure your child's safety? What would she do if your child was hurt?'

Address any issues when they arise to avoid things festering, and make time to regularly assess how the arrangement is going. 'Agree on a notice period for both of you too,' suggests Liz. 'Your friend may decide she is not happy and could leave you stranded with a day's notice!' ►

NURSERY



What's expected of them?

A detailed contract will make it clear from the start what happens on sick days and holidays, so there's no confusion regarding what you're paying for.

Your child's key worker should be happy to chat through what's happened each day – from what your child ate and drank to how many dirty or wet nappies she had. Communication is key so that parents know exactly what their little one has done that day. Good key workers will capture highlights of the day in photographs for you, along with drawings and other achievements your child has made.

What's expected of you?

'If you have any concerns or questions about the care your child is receiving, it's essential to have that discussion with nursery staff,' says Liz. 'If you get resistance, you can always go to OFSTED but they would expect you to have had that

dialogue first.' While key workers should be forthcoming with information, at some nurseries if you don't ask, you don't get. 'Perhaps you run in and out at pick-up time, so try giving yourself five minutes to chat to your key worker about your child,' says Liz. 'Who knows, you might find out she loves a particular song or a certain activity and you can carry it on at the weekend.'

But what happens if you disagree with something that's being implemented at the nursery? Perhaps, for instance, your toddler gets told off for screaming or shouting a lot, which you think is unfair. 'Remember that all nurseries should have a behaviour and discipline policy and OFSTED will check that this is appropriate,' says Liz. 'Have a conversation. Perhaps mention, "this is what I do at home about it" and ask, "what do you do here?" to understand their process better.'



Nursery staff should be happy to tell you what your child got up to during the day

MORE
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PRESCHOOL



What's expected of them?

Staff should be stimulating toddlers, with a view to getting them ready for primary school. Parents' evenings are a great way to chart development and general behaviour. Staff should also maintain an informal dialogue to let you know if there are, for example, any issues with your child's behaviour.

'If there's something you want to know, make sure you ask,' says Liz. 'Don't feel like you need to wait for parents' evening if something is worrying you.'

What's expected of you?

It's natural to want to see evidence of your child's development – but avoid focusing on how quickly she is learning. Preschool staff are trained in the Early Years Foundation Stages (EYFS). 'The EYFS is very clear about the age and stage of development. You can easily access this on the internet to see if your child is on target,' says Liz. 'Bring this up with your key worker if it's a concern. They may surprise you with how much your child has learnt under their care.' ■

RESOLVING A CONFLICT

- Pre-empt a big issue by raising your concern as soon as you notice it. Address it politely then and there.
- If your child's carer hasn't met your needs, then calmly and constructively suggest a solution. Be clear about what you want to happen moving forwards.
- If the care-giver can't or won't make a required change, try to agree a compromise that both sides are happy with.

Love Boo

Have you tried it yet?

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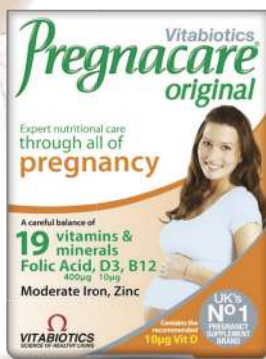
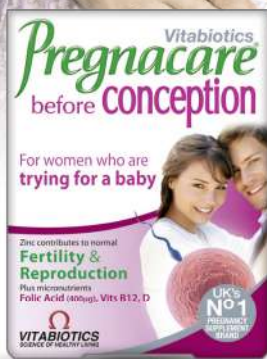


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[†]Folic acid contributes to maternal tissue growth during pregnancy. Pregnacare® has always contained 400mcg folic acid, the level recommended for all women from the start of trying to conceive until the 12th week of pregnancy. ^{††}For more information on this research, please visit www.pregnacare.com/mostrecommended ¹Agrawal, R. et al. Prospective randomised trial of multiple micronutrients in women undergoing ovulation induction, Reproductive BioMedicine Online December 2011. ²L Brough et al. Effect of multiple-micronutrient supplementation on maternal nutrient status, infant birth weight and gestational age at birth in a low-income, multi-ethnic population. British Journal of Nutrition (2010), 104, 437-445. ³Journal of the American College of Nutrition, Vol.18, No.5, 487-489 (1999). *A beneficial effect can be obtained from a daily intake of 200mg DHA in addition to the recommended daily intake of 250mg DHA / EPA for adults - Annex of Commission Regulations (EU) No. 440/2011. [†]UK independent sales value data. (IRI 52 w/e 6th Sept, 14).

Ask Mother & Baby

Our experts are here to answer your most important parenting questions

THE BIG QUESTION

Clare Prendergast

Clare is a Relate relationship counsellor with over 20 years' experience



My husband wants us to go out for a meal together but I don't want to leave our 12-week-old with a babysitter. Is it too soon?

JO KETTLEWELL, CORNWALL

SLEEPING

Jo Tantom has been helping parents with babies' sleep problems for over 25 years. She is the author of *Baby Secrets*.



EATING

Dr Emma Haycraft

is a senior university lecturer in psychology and co-developer of the Child Feeding Guide website.



BEHAVIOUR

Sue Atkins

Sue is a parent coach and author of *Parenting Made Easy – How To Raise Happy Children*.



HEALTH

Jill Irving

is an adult and children's nurse. She has been a practising health visitor for over 30 years.



DEVELOPMENT

Penny Tassoni

is president of the Professional Association for Childcare and Early Years (PACEY) and a childcare author.



M&B The Big Question

A: It's fine to leave your baby with a responsible and capable babysitter at 12 weeks, so your anxiety about it being too soon is more about how you feel than about what your baby needs. You're still vulnerable and deeply in love with your new baby and want to spend time with him. But if your partner has asked for this, it's something he really wants, so this is a chance to show him that he's still important to you.

Between now and the meal, take some little baby steps towards it, so it's not such a shock when you go on the date. Maybe leave your baby for 20 minutes with a sitter while

you go for a walk, or leave him for 40 minutes while you go to the post office.

Try to identify potential babysitters early to give yourself time to plan. Some of us have got really good friends or family members we trust, and some of us don't. So think about who you would feel happy leaving your baby with and build up to this gradually. You can ask them to come over and look after the baby while you pop out to nearby shops.

For the date itself, you don't need to go out for a long time – it could be that you just go out for two hours for something to eat.

Recognise that it's possible to still do things together, but it's slightly different now from how it was before your baby arrived.

It's easy for dads to feel marginalised and shut out. And it's sometimes hard for the mum to tolerate her partner's neediness when she's already got a baby to look after. But when you have a small baby, it helps to remember that your relationship is a separate entity that needs nurturing. Investment in that is vital for the long term, even if at the time it feels like an unnecessary distraction. **CP**



Family members are usually happy to babysit

SLEEP

Q *I find it really hard to get up in the dark mornings as my eight-week-old wakes up a lot in the night. Am I being lazy?*

LAURA FOSTER, SUSSEX

A: It's tough being a new mum and I don't think anything can prepare you for the exhaustion you feel. On dark mornings getting out of bed can feel like a huge task, especially if you feel you haven't had any sleep.

There are a few things you can do to feel human again. For a few days you could treat your baby's morning feed almost as a continuation of the night. So, change his nappy, then feed him, and let him fall asleep. Then place him in his Moses basket and you can have an extra sleep. For the rest of the day try to establish a flexible routine, based on your baby's natural patterns.

At eight weeks your baby will need feeding around every three hours. This will continue until he's about 12 weeks old. He will also be tired after every hour he's been awake. This means there is plenty of time for you to have an afternoon nap. **JT**



Take the opportunities to nap when your baby does

Q *My toddler has started having nightmares. How can I stop them happening?*

CAROLE SMITH, WEST YORKSHIRE

A: Toddlers have a lot going on in their lives. They are learning so much during the day, that at night-time they can have a bit of a meltdown as their brain processes everything. This is just a phase that many toddlers go through and it will pass. Although most toddlers don't wake up fully during a nightmare, just be there to reassure and soothe him. Give him a cuddle and whisper quietly to let him know everything is okay. **JT**

Q *I'm considering buying a rocking cradle for my baby but will this mean she will only go to sleep when rocked?*

HELEN BAILEY, CAMBRIDGESHIRE

A: A cradle probably represents much better value than a Moses basket as your baby will be able to stay in it for longer, plus the rocking motion is a great tool if she is unsettled. It's true that she could get used to being rocked



Rocking cradles can be great soothers

and then be unable to sleep when she goes in a cot without the motion, so just be sensible and only rock when it's really necessary. **JT**

QUICK FIXES

Q: When can I give my newborn a dummy at night?

A: It's best not to, as he won't be able to put it back in his mouth himself when it falls out – you'll have to get up and do it for him.

Q: Is it safe to use a cot bumper?

A: Yes, but use a breathable bumper. You should tuck the bumper down the side of the cot so your baby can't get stuck in the gap between the mattress and the cot or even under the bumper.

Q: My two-year-old insists on a nightlight. Is he too old for one?

A: No, but make sure you get one that has a gentle moon glow because one with a bright light will stop him from resting fully. **JT**

EATING

Q *As it's been so cold lately, we spend most days indoors and my two-year-old snacks constantly. Will he get fat if he's not exercising?*

KIM EAST, NORTHAMPTONSHIRE

A: Children are really good at regulating their energy expenditure. However, parents and care-givers play an important role in ensuring that activities are available to help children use up surplus energy. Try to engage your two-year-old in indoor activities, such as colouring, reading stories, dancing, helping to cook or prepare meals, and so on. All this will keep him active and entertained.

Also, wrap him up warmly and go out to get some fresh air. This could be just going for a walk around the block or pottering around the garden.

It's best to keep snacks healthy. Fresh or dried fruit, vegetable sticks, rice cakes, bread sticks and hummus all make good, healthy snacks. Give them at set times, rather than allowing him to graze on food throughout the day. This will ensure he's eating when he's hungry and not just eating for something to do. **EH**

Youngsters need to be able to sit unaided before they can be weaned onto solids



Q *I batch-cook meals for my eight-month-old but I'm worried about reheating meat. Is it OK to do so?*

ROSIE DAVIS, OXFORDSHIRE

A: The Food Standards Agency advises that we don't reheat meat or any other food more than once, as this could cause food poisoning. Make sure that food is hot all the way through when you reheat it. Another option is to defrost raw meat, cook it thoroughly and then freeze it again. This can work well with batch-cooking. Cook, split into portions, freeze, defrost and reheat. **EH**

Q *My six-month-old can't yet sit unaided. Can I start weaning her?*

LIZZIE CAPLAN, MERSEYSIDE

A: Youngsters need to be able to sit up and hold their head steady in order

to start weaning. It's OK if they're supported in a high chair, but if they keep flopping forward, this shows that they're not ready to be weaned. Wait until she can sit up and is showing an interest in solid food and then you can start weaning. **EH**

QUICK FIXES

Q: Is it true raisins are bad for children's teeth?

A: Raisins have high natural sugar content so can cause tooth decay. Offer no more than a handful as part of a meal, as other foods stop the sugar from sticking to teeth.

Q: When should my daughter be able to use cutlery?

A: There's no set age. It's important to give toddlers opportunities to practise at meals and during play.

Q: Should I ask my three-year-old to eat everything on his plate?

A: He knows when he's full so don't pressure him to eat. If kids are forced to eat more than they wish, it can teach them to override the signals telling them they're full. **EH**



HEALTH

Q *I gave birth four months ago and I feel a lot of pain during sex. Is this normal?*

GILL PAGE, BY EMAIL

A: Visit your GP to see if there's any scar tissue or a tear that's not healing correctly. The healing process takes a different amount of time for different women. It's also normal for the vagina to feel drier than usual after childbirth, so using a lubricant can help.

There may also be a psychological element. You may feel anxious that sex is going to hurt. Sometimes this can cause vaginismus – an involuntary spasm in the vaginal muscles, mainly caused by fear of being hurt.

If you are anxious about having sex, sit down and explain your concerns to your partner so you can tell each other how you are both feeling. Sex doesn't have to mean full penetration – the stimulation of touch alone can be highly pleasurable.

I usually advise mothers to have sex with their partner before their six-to-eight week check so if there's a problem they can raise it then. **JI**

Use ultra-gentle products on dry skin



Q *We have the heating on so much that my nine-month-old has extremely dry skin. Does she need to see a doctor?*

JERI WINDSOR, FIFE

A: No, you don't need to see a doctor. You can bathe your baby in Oilatum, which is a light liquid paraffin. There are special junior versions for babies and young children. Avoid baby lotions, because they can be loaded with perfumes that can give babies a rash. If the skin is very dry, you can use Diprobase, which is a cream emollient used for eczema. **JI**

Q *How can I ease engorgement? I'm feeding my first child and my boobs are absolutely killing me!*

BELLA LOWTHER, BY EMAIL

A: Try wearing a good nursing bra that has been fitted professionally, making sure to wear it both day and night. Marks and Spencer have assistants in-store who can fit nursing bras.

If you have only recently given birth, taking paracetamol can help. It's safe to take while breastfeeding. Sometimes if you have serious engorgement you may not be able to latch the baby on because your nipples have gone flat, so express some milk to help him feed and ensure you feed him regularly. Cabbage leaves chilled in the fridge and then applied to your breasts may also help, as they can have a soothing, cooling effect. **JI**

QUICK FIXES

Q: *I had a c-section two weeks ago and feel fine. Can I drive?*

A: Check with your insurer that you're allowed to drive and take someone with you on the first outing for safety's sake.

Q: *Will giving my baby 'nappy-free' time ease her nappy rash?*

A: Yes, as it allows her bottom to 'breathe'. You should also change the nappy regularly and wash her with mild baby soap and water to remove traces of urine. Creams such as Sudocrem can also help to ease nappy rash discomfort.

Q: *Can I take my baby swimming when she has a cold?*

A: If your child is generally well, with no temperature, then a runny nose shouldn't put you off going for a swim. **JI**



Discuss sex problems with your GP or health visitor

BEHAVIOUR



Q *At age two, my daughter causes havoc in the house when it's too wet to go outside. How can I encourage her to play calmly indoors, rather than watch TV or use her tablet?*

ZARA WILD, DORSET

A: Find an activity she enjoys that will build up her concentration. If it's a jigsaw, you start doing it and say, 'Isn't this jigsaw interesting?' She will become engrossed in what you're doing. If you sit with a child and start her playing, after 10 minutes or so you can often get up and make a cup of tea, and then perhaps go back to keep her interest. A toddler only has limited concentration but you can help her build this up so she doesn't flit from one thing to another.

TV and iPads overstimulate young brains and become addictive, so limit their use. Instead, read with a toddler to slow her down and get her to enjoy the moment, while at the same time teaching her how to relax and build up her concentration. Free play is essential so she can learn language and social skills.

Listening to a story on CD can help with concentration, because it requires her to sit still and focus. Number songs and nursery rhymes are also great, as her can sing along. **SA**

Q *One of my 18-month-old twins is very loud and dominates her sister. How can I stop this?*

BILLIE WALSH, LONDON

A: Just stay calm, relaxed, and recognise they have different personalities. We do need to guide and teach our children not to overwhelm others. You have to be very calm and keep saying the same thing over and over again. You say something like, 'Wait a minute, let me hear what your sister has to say,' and teach them to take turns. You need to constantly model the behaviour you want to see from your children. **SA**

Q *My six-week-old cries when she is put in her Moses basket. I spend most of the day cuddling her. Is that OK?*

CLAIRE GEE, CORNWALL

A: Babies cry for a reason. If you keep laying her back down while they are still crying she will learn not to trust you. Bond with your baby by holding and playing with her. You can train her by putting her down for short periods and giving her something interesting to look at or listen to. Then pick her up and put her down again, so she learns that you are there and to self-soothe. **SA**

Children copy their carers so act like you want them to



QUICK FIXES

Q: *My toddler has started high-pitched screaming. How can I get her to stop doing this?*

A: Look very serious, go down to her level, and say, 'No, stop it.' The amount of time it takes to stop this behaviour varies. Praise her highly when she does something right.

Q: *How can I stop my one-year-old playing with his penis when I take off his nappy?*

A: It's impossible, so just carry on changing the nappy. It's not a sexual thing. At this age, a baby is simply learning about his body, and could just as easily be playing with his nose or ear.

Q: *Should I stop my 12-month-old baby son watching TV with his four-year-old brother?*

A: If your older child is watching programmes designed for ages over six, then yes. The BBC's children's channel CBeebies is suitable for and targeted at children aged 0-6, so stick to this and similar. **SA**

MOTHER & BABY

PROMOTION

PREGNACARE NEW MUM



It's just as important to safeguard your nutritional intake after your baby is born as it is during pregnancy. Try Vitabiotics

Pregnacare New Mum (£13.95), a comprehensive formulation of nutrients to provide dietary support throughout the postnatal period. Vitabiotics Pregnacare New Mum includes iron, folate and vitamin B12, which contribute to the reduction of tiredness and fatigue for new mums. Find out more at pregnacare.com.

DEVELOPMENT

Q *I don't think we should give our son a reward while potty training. My husband disagrees. Who's right?*

JENNY WEST, BY EMAIL

A: Some words of encouragement are useful but tangible rewards can sometimes backfire. When there is a lot at stake, children can become tense and this can impede the release of urine. The bigger issue, though, is whether your child's bladder is sufficiently mature. Your child needs to be able to hold urine for at least an hour before releasing it in a single flood. Without bladder maturity in place, toilet training is likely to be doomed to failure. **PT**

Some toddlers take longer to potty-train than others



Encourage chatting to help develop speech

Q *My two-year-old's speech isn't clear. I thought it was because she had a winter cold, but now that's gone I realise it isn't. Help!*

STACY PEACH, BY EMAIL

A: Most children's speech is not clear enough for strangers to understand them until they are three, so it may be that your child's speech is developing typically. Clear speech takes time because the muscles in the tongue and lips need to develop. This is one reason why dummies in the day should be avoided as they can stop some children learning to use their tongue to make sounds such as 'd' and 't'. Children also need plenty of practice when learning to talk, so chatting to them makes a difference.

As children need to hear clear speech, look out for signs of hearing loss. Think about whether your child is slow to respond in situations when you are talking or making sounds out of sight. One common type of hearing loss in young children is a condition known as glue ear, caused by a build-up of fluid in the ear.

Glue ear is not a permanent hearing loss, but may need treating with grommets – small tubes placed in the ear to help drain away fluid. **PT**

Q *Why isn't my 13-month-old crawling? He just shuffles on his bottom.*

ELSA MCCARTHY, SOUTH WALES

A: You haven't mentioned whether your child is able to stand by holding onto furniture? This is an important precursor to walking, as it strengthens children's muscles and helps balance. Most children are doing this at 12 months. If you're concerned, have a chat with your health visitor. **PT**



Bottom-shuffling is normal before actually walking

QUICK FIXES

Q: How many words should my 12-month-old be saying?

A: Typically children say their first words between 12-15 months. They should have 10 or so at 18 months.

Q: When should my daughter be able to dress herself?

A: The skills of dressing are learnt gradually. The majority of children master the basics between four and five years of age.

Q: Should my three-year-old be able to hold a pencil properly?

A: This skill is likely to be just emerging. Focus on everyday tasks involving hand movements, such as using cutlery, to help her. **PT**



HELP! MY BABY'S TEETHING...

Expert advice to soothe your little one (and you!)



SEEING YOUR BABY IN PAIN due to teething can be heart-wrenching. With a typical child suffering up to 160 days of discomfort, and the early signs being hard to spot, it can be difficult to know where to turn. 'This potentially means months of distress,' says *Dr Philip Wander, a dentist, and a founder member and Chair of the British Homeopathic Dental Association*. 'It can be hard for parents too, who have to help them through the process.'

We asked the teething experts at Boiron, producers of Camilia Oral Solution, to answer some of the most common teething questions...

HOW CAN I TELL IF MY BABY IS TEETHING?

There are a number of signs and symptoms linked to teething that may appear weeks or months before the tooth erupts. Most babies will experience some level of discomfort whilst teething but symptoms vary by baby. These are six possible signs to look out for:

The need to gnaw The pressure of an emerging tooth beneath the gums may be relieved by counter pressure, so teething babies often want to chomp on things. The chewing instinct may also be a response to the odd sensation that something's going on in there.

Puffy gums Before a new tooth erupts, it can cause a red, swollen, bruised-looking area. Sometimes the gum bulges with the emerging tooth, which you can

see faintly beneath the skin.

Excessive drooling Increased spittle can herald a new tooth – but it's also a normal developmental stage of infancy, so don't assume that drooling means teething. There's no way to tell whether baby's saliva is the result of teething or not, though it may be if you also see....

Fussiness, especially at night Tooth eruption (when the tooth moves through the bone and gum) tends to come in stages, with more activity at night when your baby may be more irritable.

Ear pulling While it can also be a sign of ear infection, tugging can be a symptom of teething – the pain from the jaw gets transferred to the ear canal.

A change in eating habits Certain foods may irritate the baby's inflamed gums.

MY BABY IS TEETHING, HOW CAN I HELP THEM THROUGH IT?

If your child has started to show the signs of teething, such as painful and swollen gums, red cheeks and excessive dribbling, giving them a chilled – but not frozen – teething ring to bite on might relieve the pain. You can also look at other ways to help soothe the symptoms. British parents are discovering Camilia Oral Solution, a homeopathic medicinal product to help with their child's teething discomfort. It's made by Boiron, world leader in homeopathic medicine.

Camilia® BOIRON®

HAVE YOU TRIED CAMILIA ORAL SOLUTION?

Camilia Oral Solution is the natural way to help teething babies and toddlers avoid discomfort and pain of tooth eruption and other associated minor symptoms such as irritability, swollen gums, and minor digestive disorders.

Camilia is free from alcohol, sugar, lactose and preservatives – it is also practical, hygienic and easy to use thanks to its unique* application method: a sterile sealed single use dosing pipette.

• For more information visit camiliateething.co.uk or ask your pharmacist. Camilia is available in large Boots stores, independent pharmacies and online at boots.com.



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and do your
bit for
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Cool Mum

WE'RE IN LOVE with these cool sweatshirts and tees from 'The Mother Collection', a charity initiative launched by Molly Gunn to support women affected by war.

Molly is the editor of blogzine *Selfish Mother* and she created the collection to help Women for Women International. All profits

go to the charity. The collection has taken social media by storm, with celebs and stylish mums tweeting and posting on Instagram, using the Mother hashtags, to try to turn it into an international campaign. Go, mothers, go! Sweatshirts, £45, and T-shirts, £30, shop.selfishmother.com



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SHOP!
SPRING TRENDS

SPRING TRENDS *to wear now*

Ditch those winter jumpers and update your maternity or new-mum wardrobe with the three key looks for 2015

Red stripe double layer nursing top, £24,
mothercare.com

KEY TREND I

Monochrome

Black is flattering for everyone and when, you get to full-term, it's easily the easiest colour to wear. White brings a fresh spring look to your

wardrobe. Put the two together – and boom, you're looking great! Don't be cautious with this trend, the boldest prints look best.

Striped stretch dress, £99, isabellaoliver.com

Stripes look great on a big bump – make the most of your shape!



Maternity stripe tee, £12, asos.com



Polka dot dress, £55, seraphine.com



Monochrome jacket, £50, riverisland.com



Maternity black jeans, £40, topshop.com

Wear in the day with pumps or at night with ankle boots.

Drop waist etchy printed dress. £25, mothercare.com

FOR LITTLE ONES

White dress with black piping, £24, mothercare.com



Black and white polo shirt, £8, mothercare.com



Tropical print shirt, £12.95, gap.co.uk



Blue stretch dress, £89,
isabellaoliver.com

Maternity patch skinny
jeans, £24, next.co.uk



Roll the
bottom of
your jeans up
for an instant
spring
update.



Dungarees, £45,
asos.com

Overalls are
the most
comfy denim
option for a
big bump.

Print jacket, £29.99,
newlook.com



Denim smock dress, £35,
marksandspencer.com



KEY TREND 2

The Blues

Blue is *the* colour to wear now and super-easy to mix and match with the rest of your wardrobe. For the biggest impact, wear blue from head-to-toe,

mixing shades, materials and prints. It's a great look if you want to dress your little one in a co-ordinating outfit too, as it doesn't look too overdone.

FOR LITTLE ONES



Floral tie shirt, £12,
mothercare.com



Floral sundress, £7,
asda.com/george

Bargain!
M&B's
favourite
under-£10
buys this
month!



Ombre hoodie, £9,
tu.co.uk

Right: Dungarees, £26,
cathkidson.com



KEY TREND 3

Bold Prints

Big, bright prints bring spring into your wardrobe with a bang! Don't be scared of wearing this strong trend. The trick is to match one bold print with less out-there pieces to keep your overall look casual –

try a printed top with faded blue jeans. It's a great trend for mums as, because it's such a strong look, you can choose comfy pieces and still look super-stylish. And, sorry to mention it, but stains won't show!



Maternity floral stretch dress, £28, next.co.uk



Blue print maternity top, £36, topshop.com



Red stripe top, £35, marksandspencer.com



Geometric print trousers, £12, asda.com/george



Print shoes, £120, Orla Kiely at clarks.co.uk

FOR LITTLE ONES



Printed voile blouse, £25, vertbaudet.co.uk



Floral trousers, £8, tu.co.uk



Red stripe babygrow, £20, pandaandthesparrow.com



Floral ditsy print dress, £14, marksandspencer.com



Animal print maternity dress, £42, topshop.com

Wear as a dress over black leggings or skinny maternity jeans.



Red and white print tunic, £13, primark.co.uk



Print dungarees, £22.99, newlook.com

Bird print sweatshirt, £33, petit-bateau.co.uk



Star print dress, £6, mothercare.com

Make this less cutesy by teaming with trainers.



Shirt, £71, tank, £32, skirt, £89, sunglasses, £79, all isabellaoliver.com



The *Inside* Story

Hectic morning? Follow the lead of three make-up-artist mums so you can always leave the house looking fabulous



'I use make-up I can apply with my fingers'

BOBBI BROWN MAKE-UP ARTIST HANNAH MARTIN IS MUM TO BEAR, TWO

Before I had Bear, I would spend at least an hour doing my hair and make-up perfectly. That seems so indulgent now! But making time for me, even if it's spending a few minutes on my make-up, makes a huge difference to how I feel.

During the week, I'm working in a different location every day,

so mornings are a mad rush. I have to look presentable for my job, so wearing make-up is a necessity, regardless of how little time I have.

I shower before Bear wakes up and, instead of a full blow-dry, leave my hair to air-dry until just before leaving the house, then blast it for three minutes.

Using make-up I can apply with my fingers works well for me. So, I opt for cream blush, face cream and lip balm for a fast, dewy finish to last throughout the day.

I COULDN'T MANAGE WITHOUT...



I apply an oil-rich day face cream, then make-up, for a fresh and dewy look. I use Bobbi Brown Extra Tinted Moisturising Balm (£36, bobbibrown.co.uk).



I have dry skin so, after exfoliating in the shower, I apply a small amount of Biona Coconut Virgin Oil (£4.39, ocado.com) all over to hydrate it.



To quickly conceal dark circles under my eyes, I use Bobbi Brown Corrector (£19, bobbibrown.co.uk) and then a concealer over the top. It only takes 30 seconds.



A stick foundation is great for a quick fix. I doodle Bobbi Brown Skin Foundation Stick (£29, bobbibrown.co.uk) onto my face, then use a brush to buff it into my skin.



Condition-wise, my hair really suffered post-pregnancy. L'Oréal Elvive Extraordinary Oil Nourishing Shampoo and L'Oréal Elvive Extraordinary Oil Nourishing Conditioner (£3.99 each, boots.com) have rescued it beautifully.



I always wear high-impact, super-black mascara, so only need one coat for really glossy, thick, defined lashes. I love both Max Factor False Lash Effect Mascara and L'Oréal Paris Volume Million Lashes So Couture (£10.99 each, boots.com).



'I prepare the evening before to save time'

CELEBRITY MAKE-UP ARTIST AND RIMMEL LONDON'S MAKE-UP AMBASSADOR **KIRSTIN PIGGOTT IS MUM TO EVA, TWO**

Because I'm self-employed, work can sometimes be thrown on me at the last minute, so then it's a mad dash to sort things out for the next day.

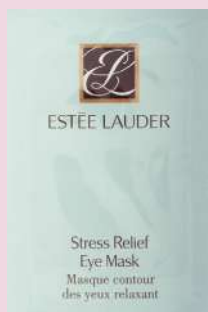
I can't turn up to a job looking like I've just rolled out of bed, so as soon as Eva is asleep in the evening, usually by 7.30pm, I prepare for the next day. I wash and blow-dry my hair and do my nails. I even put my make-up out ready

in the bathroom so it's at hand, which saves time in the morning. Every single minute counts when you're a mum.

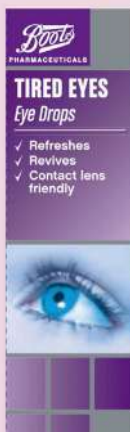
Every month or so, I tint my own eyelashes and brows so I need less make-up every day. Once my brows are tinted, they just need brushing through with a tinted gel, while my dark lashes only need one or two coats of mascara for my eyes to look wide awake.

I paint my nails a subtle shade of pinky-nude in the evening. Because I'm touching my clients' faces all day, my nails need to look well-manicured, groomed and healthy.

I COULDN'T MANAGE WITHOUT...



Estée Lauder Stress Relief Eye Mask (£27 for 10, esteelauder.co.uk) plumps up tired under-eye skin in a few minutes.



Tired Eyes Eye Drops, (£2.60, boots.com) brighten eye whites for that fresh and alert look – a lifesaver after a sleepless night.



I run Rimmel Brow This Way Brow Gel in Brown (£3.99, boots.com) through my brows. Quicker than defining with a pencil.

Rimmel Stay Blushed in Pop Of Pink (£4.49, boots.com) gives my cheeks just enough colour and it feels light on my skin.



BB cream (to cover blemishes) gives a great finish. I use Rimmel London Matte BB Cream (£6.99, boots.com).



An eyeshadow stick is brilliant for busy mornings, as it takes seconds to apply a wash of colour. I run a taupe Rimmel Scandaleyes Shadow Stick (£4.49, rimmellondon.com) over my eyelids and under the lashline, followed by nude eyeliner inside my eyes to really open them up.



If I know I'm working a really long day, I'll wear Lancome Hypnose Waterproof Mascara (£22.50, lancome.co.uk) because it truly doesn't budge.

I care for my skin so need less make-up



CELEBRITY MAKE-UP ARTIST AND SKINCARE SPECIALIST **NATHALIE ELENI** IS MUM TO LOUIS, TWO

I can now do my entire skin, hair and make-up routine in under 10 minutes. Louis and I jump in the bath together. Then I dry off, apply my make-up and get dressed in the bathroom as Louis enjoys playing in the bath while I'm keeping a watchful eye on him.

I'm a big believer in having maintenance beauty treatments to reduce my morning routine time. I have a lash lift and tint every six weeks, so I only need a couple of strokes of mascara to get amazing lashes.

Well-looking-after skin needs less make-up, which takes less time. Massaging in your moisturiser or skin serum for just 30 seconds really plumps and hydrates your skin.

I COULDN'T MANAGE WITHOUT...



Dr Lipp Balm (£11.50, drlipp.com). I also mix Vaseline (£1.99, boots.com) with lipstick to make a hydrating lip tint.



For an overnight treat, Nspa Deep Hydrating Facial Oil (£7, asda.com) sinks straight in and leaves my skin plump by morning.



When I'm feeling tired, I spritz on Liz Earle Instant Boost Skin Tonic (£5.50, lizearle.com) to quench my skin.



I love Max Factor Skin Luminizer Foundation (£11.99, boots.com), as it disguises sleep-deprived skin.



Dove Summer Glow Nourishing Lotion (£2.48, superdrug.com) gives my skin a golden glow, so I need less make-up.



New CID Cosmetics i-glow Compact Shimmer Powder (£24.50, newcidcosmetics.com) is a great pick-me-up for tired skin.



I use Estée Lauder Double Wear Brush-On Glow BB Highlighter (£23.50, esteelauder.co.uk) to conceal nose and chin redness fast.



The Body Shop Vitamin E Moisture Cream (£11, thebodyshop.co.uk) nourishes dry skin.

Facial cleansing brushes stimulate circulation and gently remove dead skin cells, giving skin instant vibrancy. I keep my Braun Facial Epilator & Cleansing Brush (£49.99, boots.com) by the bath to remind me to use it.



SAY HELLO TO GIGGLY MORNINGS

We all wish for a comfortable, undisturbed night for our baby and now it's within every little one's reach...



WITH ALL THE AMAZING things your baby's learning to do in the day, what she needs is an uninterrupted night's sleep. But that can be easier said than done! Now reliable overnight dryness is available for all little ones – helping to give her a great night's sleep and a refreshed, giggly morning.

PROTECT YOUR BABY'S BOTTOM

When it comes to choosing nappies, only Pampers contain Micro Pearls which offer superior dryness to protect your baby's bottom all night long. Micro Pearls absorb up to 30 times their

own weight, equivalent to two to three small bottles of milk, and they provide up to 12 hours of overnight dryness to help your baby sleep uninterrupted. The embossed top layer of the nappy pulls moisture away from your baby's skin, while an extra sleep layer acts as a barrier to keep your baby dry. Plus, the special Micro Pearls lock in wetness better than ordinary nappies*.

BETTER SLEEP, GIGGLY MORNINGS

Your baby will get a comfortable, dry night's sleep and you get the reassurance that your little one won't

be waking in the early hours because she's wet. Just ask the 92% of mums who recommended Pampers Baby-Dry for overnight dryness**.

Giggly mornings call for soft and gentle cleansing. Pampers Sensitive Wipes have an innovative Soft Grip Texture, meaning less time wiping, so more time for fun and giggles!



PEARLS OF WISDOM FOR YOUR BABY'S SLEEP



Baby sleep expert Jo Tantum member of the Pampers' Love Sleep & Play panel and author of *Baby Secrets*, offers the following tips on giving your baby a good night's sleep...

TREAT 7PM TO 7AM AS NIGHT TIME

Keep the room dark and quiet with no talking, games or activities.

YOUR BABY RELISHES ROUTINE

Babies like to know what's coming next, establish a good routine to help your little one sleep as they will soon understand the difference between night time and daytime.

HELP PREVENT DISTURBED SLEEP

A nappy such as Pampers Baby-Dry has absorbent Micro Pearls that lock

away the equivalent of two to three small bottles of milk, providing overnight dryness that can help your little one sleep soundly.



FOR MORE INFORMATION VISIT  PAMPERS.CO.UK CONNECT WITH OTHER MUMS AT  [PAMPERSUKIRE](https://www.facebook.com/PAMPERSUKIRE)

*ACCORDING TO R&D REWET DATA AND IS VALID VS ALL UK COMPETITORS. **OUT OF 704 RESPONDENTS

SHOP!
GET THEM NOW

Beauty For Busy Mums

In a rush to get ready? You can still look great with these fast fixes

TELL-ALL TIE

This hair-tie makes a good baby shower gift or keep it for yourself. Looks great worn on your wrist too.

Kitsch Expecting Baby Hair Ties (part of a set of three), £4.34, mykitsch.com

LIP SAVER

Cushiony like a balm and with a good amount of pigment, this lacquer could be the only make-up you need each morning.

Maybelline Color Elixir Lip Lacquer in 720 Nude Illusion, £6.99, boots.com

ROSEBUD LIPS

The perfect everyday your-lips-but-better shade, with moisturiser to soothe post-winter dryness.

Me Me Me Long Wear Satin Lip Cream in China Rose, £8.50, mememe cosmetics.com

SPRING TONES

Pretty, wearable and the perfect shades for the time of year.

OPI Nail Lacquer in Just Lanai-ing Around, Suzi Shops & Island Hops and Do You Take Lei Away, £11.95, johnlewis.com

BRIGHT EYES

A smudge of shadow applied onto eyelids with your fingertips draws attention away from any redness.

Lola Cosmetics Eyeshadow in 011, £4.50, marksandspencer.com

FAKE PERFECTION

This lightweight primer quickly fills in open pores and lines, and blurs away dark circles brought on by poor-quality sleep.

Clinique Superprimer Universal Face Primer, £20, clinique.co.uk

CALM SKIN

If sleepless nights have given you red, oily skin, try this fast-absorbing serum to restore balance.

Bryt Skincare Calm Serum, £16, brytskincare.co.uk



Help your baby
get a great
night's sleep

FOR LOTS
MORE
BRILLIANT
BABY BUYS
MOTHERANDBABY.CO.UK/
SHOPPING



REVIEWED BY
EMMA SHILTON,
32, AND OLLY, 21
MONTHS, FROM WEST MIDLANDS

A **COT-BED MATTRESS** is an important purchase because your child will be sleeping on it until around age four. Cot-bed mattresses come in two standard sizes: 120cm x 60cm and 140cm x 70cm. Make sure you buy the correct size for your cot-bed. There shouldn't be more than a 3cm gap between the mattress and the sides of the cot-bed. The mattress should give good support to your growing child. Whether you choose one with springs or one without is largely down to price and personal preference. If allergies run in the family, invest in a hypoallergenic mattress with washable covers.

Experts advise buying a new cot-bed mattress to ensure the safest sleeping conditions. Check the label to ensure it conforms to British safety standard BS 1877-10:1997. For advice on how to help your baby have a safe night's sleep, visit lullabytrust.org.uk.

Mattresses

Which one will suit you and your baby best?



BEST FOR HYGIENE

'You assemble this mattress from poles and a cover. Before you put it together, it takes up little space, so it's a good travel option. Foam-free and hypoallergenic, the breathable material is designed to reduce overheating, provide a better supply of fresh air and prevent pooling. It also combats dust mites and bacteria, plus helps prevent flat head syndrome.'

✓✓✓✓✓

PurFlo Breathable Mattress, £139.95,
purflo.com



BEST FOR DRY NIGHTS

'A soft and supple coil-spring mattress with a separate mattress protector. These create safe, comfortable and hygienic sleeping conditions. The cover can be machine washed at 60°C and has a watertight layer to keep the mattress clean and dry. There's also an absorbent layer to draw any moisture and fluids away from the surface. This would be great when potty-training.'

✓✓✓✓✓

AeroSleep, £159.95,
aerosleep.com



BEST FOR COMFORT

'My son Olly had a great night's sleep on this. It's a moderately soft mattress which is really comfortable. It has layers of organic coir, organic lambswool and a cotton cover that's removable and machine washable at 60°C. The latex foam core means it has good breathability. It's a completely chemical-free and hypoallergenic mattress.'

✓✓✓✓✓

Naturalmat Quilted Latex Mat, £175,
naturalmat.co.uk



BEST FOR ALLERGIES

'This is the first cot-bed mattress to be approved by Allergy UK. It features the latest anti-allergy and anti-bacterial materials to prevent the build-up of germs, microbes and bed mites. It is so soft. Plus it has a reversible waterproof layer to keep it dry. This also helps reduce sweating and helps your baby maintain a constant temperature.'

✓✓✓✓✓

Kit 4 Kids Ellergenic Pocket Spring Cotbed Mattress, £229.99,
babiesrus.com



BEST FOR LONG-TERM

'A hypoallergenic mattress which provides excellent support. It's designed to allow air to flow around the core of the mattress, so it should stay cool on warm nights. It has a unique triple layer of springs to respond to your baby as he grows. It's expensive but worth it, if it's within your budget. Only the price stops it getting full marks.'

✓✓✓✓✓

Silver Cross PostureStart Care & Protect Plus, £450,
silvercrossbaby.com



**M&B
WINNER**

BEST VALUE FOR MONEY

'Use the firm side of this until your baby is 18 months, then flip it over to the springier side. It helps regulate body temperature and disperse moisture. It's also breathable and anti dust mites.'

✓✓✓✓✓

Little Green Sheep Twist Mattress, £159,
thelittlegreensheep.co.uk

✓✓✓✓✓ GREAT | ✓✓✓✓✓ GOOD | ✓✓✓✓✓ FAIR | ✓✓✓✓✓ COULD DO BETTER | ✓✓✓✓✓ AVOID



SNACK STOP

Tickle tiny taste buds with this new fruity snack from Aldi. Wholegrain and 100% organic, it'll keep hungry tums happy till teatime. Mamia Juniors Mini Rice Cakes, 49p, aldi.co.uk.



TASTY TEAS

Need a speedy meal for your tot? Grab one of the new chilled toddler meals from Annabel Karmel at Sainsbury's. Using 100% natural ingredients and no artificial preservatives or colours, they get a big thumbs-up from our testers. £2.50, sainsburys.co.uk

WHAT A BARGAIN!

Asda's Little Angels Cotton Soft Baby Wipes, 64p or five packs for £3.



TOP TOYS!

Here at M&B we love the range of wooden toys available from George Home at ASDA. So, we're excited to hear that from 8 February the great-value range is being extended even further to keep your tots entertained. The Train Set In A Box, £10, right, will be a much-loved, much-played with toy that will spark your youngster's imagination, asda.com.



SHOP! BUYERS' GUIDE

Supermarket Buys

In the shops now – and we love them!



BLOOMIN' LOVELY

'Adorable' is the word to describe these Autograph floral outfits from Marks and Spencer. And as they're cotton-rich, they'll keep your baby comfy into summer. Playsuit, £16, and top and bloomers, £18, marksandspencer.com

I ♥ MUMMY

Super price and super-cute, these Baby T shirts from Morrisons are sure to put a smile on mums' faces on Sunday 15th March – Mother's Day. £2 each, 0-24 months, morrisons.com

LIGHTS, SOUNDS, ACTION, FUN...

We love this Fisher Price Rainforest Friends Space Saver Jumparoo, £82.99, available at Tesco and Asda. It's a compact all-in-one playground for little people. There's plenty of bouncing fun for your baby with lights, sound, music and cute character toys. Plus, it's height-adjustable and folds flat for storage. Brilliant!





babyclub

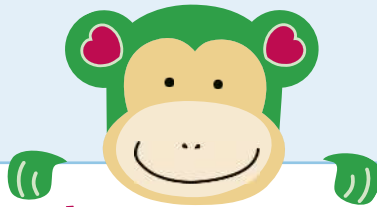
from pregnancy to toddler

Join the brilliant Tesco Baby Club today

We're here to make your parenting journey so much easier! Join now for great savings, prizes, advice and more

WIN!

A year's supply of Pampers nappies when you join by 28 February!*

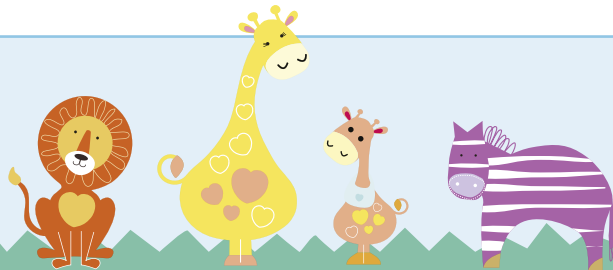


What you get as a member

- ♥ Fabulous prizes – Club members have won holidays, nursery kit... even a car!
- ♥ Brilliant savings on the things you and your family really need
- ♥ Advice from our experts on everything from breastfeeding to weaning, nappy changing and more
- ♥ Exciting month-by-month info about your bump, baby or toddler
- ♥ What to buy and when – we'll show you what you need at every stage
- ♥ Plus, you'll be the first to know about Tesco Baby & Toddler Events and our expert Facebook and Twitter chats

It's really easy to join!

Go to **tesco.com/babyclub** to find our sign-up form. Fill in your details – it's quick and simple to do on your phone, tablet or computer. Then you'll be a Baby Club member!



Join now at **tesco.com/babyclub**

*Automatic entry into prize draw for new members of Tesco Baby Club who join before 11.59pm on 28 February 2015. New members must be UK residents aged 18+. The prize is a year's supply of Pampers nappies. The exact contents of the prize will vary. Promoter: Tesco Stores Ltd, Tesco House, Delamare Road, Cheshunt, Hertfordshire EN8 9SL. For full terms and conditions, go to tesco.com/babyclub and look at the Prize Draws section, under the My Club tab.

SHOP!
GET THEM NOW



AQUANEST BATHTUB

This bath keeps water at the right temperature for 10 minutes, thanks to a warmth diffuser system. It also has longevity: one end is designed for 0-6 months and the other for older babies. £39.99, babymoov.co.uk



OXO GRAPE AND TOMATO CUTTER

Save precious time with this nifty gadget that chops grapes, tomatoes and other small fruit into quarters – the ideal size to give to your baby, as recommended by healthcare professionals. £9, amazon.co.uk



CYBEX CLOUD Q INFANT CARRIER

Make sure your newborn can sleep in comfort with this clever car seat that can be adapted to lie flat. From birth to around 18 months. £220, cybex-online.com



DUCKSDAY RAINSUIT

Perfect for fast shower protection, this super-cool rainsuit folds up into a pocket and has fluorescent strips for increased visibility. £44, wauwaa.com



PREGNANCY YOGA WITH TARA LEE APP

Practise yoga, relaxation and breathing techniques in your own home with yoga expert Tara Lee's new app for 14 weeks pregnant onwards. £9.99, Apple App Store



WHITE HOT SUPER SAFETY BATH DUCKY

Bathtime fun meets safety guide with this rubber duck. It has an indicator on the bottom that reveals the word 'HOT' to tell you when the water is unsafe for your youngster. £3.29, munchkin.com



FOR MORE
BRILLIANT
BABY BUYS,
HEAD TO
[MOTHERANDBABY.CO.UK/
BABYESSENTIALS](http://MOTHERANDBABY.CO.UK/BABYESSENTIALS)

That's Clever!

The latest gadgets to make your life as a mum easier



PIPILA STERILISER

This portable eco-friendly steriliser for dummies eliminates up to 99.9% of germs via a UV and ozone lamp. It easily fits in a changing bag. £24, blossommotherandchild.com



ARMADILLO FLIP XT

This pushchair folds down no matter which way the seat is facing. Chunky wheels give a smooth ride, so it's great for baby *and* mum. £449, mamasandpapas.com



SQUID SOAP

Make hand-washing fun! This pump dispenser applies an ink mark to your hand which washes off after 20 seconds. Kids will love it. £5.99, gadgetbaby.co.uk

Travel Systems

If you want to move baby from car to pushchair without waking her, a travel system will do the job. Here's how to pick the one for you

THE BASICS: WHAT YOU NEED TO KNOW

WHAT IS A TRAVEL SYSTEM?

A travel system consists of a pushchair that is compatible with a Group 0+ car seat (which may be included or may be purchased separately) and typically also a seat component and a carrycot. It is generally suitable from birth to the age of 12 months. A car seat is easily attached and detached from the frame.

SHOULD I BUY ONE?

Convenience is the main benefit, as you can transfer your baby to and from a pushchair without removing her from her car seat. This is less disruptive for your child and saves time and stress. Infants often fall asleep in a car and a travel system means they don't have to be disturbed, which is of huge value! A travel system is often more expensive and sometimes bulkier than a standard pushchair, so is only worthwhile if a car is your main form of transport.

WHAT ABOUT COMPATIBILITY?

Different travel systems are compatible with different car seats, although there is some crossover. So if you've set your heart on a particular pushchair frame, you'll be tied to whichever car seats it's compatible with. Equally, if you have already bought a car seat, your choice of frames it may be compatible with will be limited. It is also essential to check that the car seat concerned can be fitted safely in your vehicle – ask the retailer or check the manufacturer's website for a 'fit finder' list.

HOW DOES THE CAR SEAT ATTACH?

The car seat will either clip on top of the pushchair's seat component or attach directly to the chassis with the seat component removed. Adapters are

sometimes required to fix the car seat onto the pushchair or chassis. Check if these are included. If they aren't, find out what the additional cost will be.

WHAT ABOUT THE PUSHCHAIR SEAT?

A travel system typically has a seat component which enables it to be used as a 'normal' pushchair. Many mums use the car seat clipped into the frame when their baby is very young, using the larger seat component as their little one grows. If you intend to keep your newborn in the pushchair for long periods, you will need a travel system with a fully reclining seat component. Newborns should only remain in car seats for a few hours at a time, as lying horizontally is better for their breathing and healthy spine development. Some travel systems also offer the option of a pram-style carrycot. While this adds expense, the carrycot can double as a Moses basket and portable travel cot.

WILL I USE IT AFTER THE FIRST YEAR?

Only a Group 0+ car seat will fit on the travel system, which will be outgrown at around 12-15 months. But most mums continue to use the travel system with the seat component fitted after that. For toddlers, a seat that reclines for naps is useful, but it doesn't have to be fully horizontal. Some pushchair seats are reversible, so your baby can face you to begin with, but face outwards to get a better view of the world as she gets older.

HOW EASY IS IT TO FOLD?

All travel systems fold up so they can be stowed in a car boot. Try out the folding mechanism in the shop – your 'tricky' might be another person's 'easy'. Consider that you may sometimes need to hold your baby while you fold and unfold the chassis. You'll also have to lift the folded pushchair chassis in and out of the car boot, so consider its weight – anything over 10kg could be a struggle.

THIS MONTH'S TESTERS



GEMMA RIDLINGTON

29, from Halesowen, is mum to Alexis, two, and Robyn, seven months. She likes pushchairs with seats that can be positioned both parent-facing and forward-facing, and needs a travel system with a seat that reclines fully.



JAY BROWNLEE

32, from Stirling, is mum to Naomi, three, Miriam, two, and Lydia, three weeks. She needs a compact and flexible travel system suitable for her newborn daughter but which her toddler can also hitch a ride on.



SUSANNE REMIC

37, from Bolton, is mum to Isobel, two, and Elsie, four weeks. She needs something easy to push that can be folded with one hand and which won't take up too much space in the boot of her car.

RAINCOVER

This is an essential accessory to protect your baby – and the pushchair – in bad weather. You will need separate raincovers for both the car seat configuration and the seat component. If they are not included, check what the additional cost will be.

FABRICS

These should be easy to clean, with fabrics on both the car seat and seat component being washable or wipeable. Breathable covers will be welcome in hot weather to help prevent your child from getting clammy.

HANDLE

Check the handle height is comfortable for you and your partner, and whether it's adjustable. A single bar handle makes pushing one-handed easier versus two separate handles – an important consideration if you have an older child.

CAR SEAT FITTING

The car seat fits either onto the chassis directly with the seat component removed, or over the seat component. The former looks neater but the latter means you can switch seats more quickly. Some systems require separate connectors, which may not be included in the price.

STORAGE

A large, accessible under-seat basket will be useful for storing baby essentials and shopping. Some models may also feature a bottle-holder or pockets on the back of the seat.

WHEELS

Larger air-filled wheels tackle rough ground more easily. Smaller swivel wheels aid manoeuvrability round shops but struggle over kerbs or grass. If you're likely to be using the pushchair on anything other than smooth paving, then choose a system with three, rather than four, wheels.

SEATING OPTIONS

If you'll use the pushchair for more than a few hours at a time, and don't want to buy a separate carrycot, look for a seat component with a fully reclined position. This will be marked as 'suitable from birth'. A reversible seat allows your baby to face inwards or outwards.

ADAPTABILITY

Some travel systems can be converted into double pushchairs, so consider this if you have a second child.

CARRYCOT

Some travel systems also offer a portable lie-flat carrycot option for newborn babies.





Phil & Teds Smart Lux

PRICE £399
WEIGHT 11.9KG
PHILANDTEDS.COM

WE SAY: Measuring only 55cm wide, this pushchair is designed to ensure a comfy ride on the narrowest of streets, including cobblestones. The seat can be adjusted between three different positions: fully-reclining, parent-facing and forward-facing. It's easy to stow away (even with the seat facing forwards), thanks to the telescopic folding mechanism. Car seat adaptors can be purchased separately to make this compatible with certain car seats from Phil & Teds, Mountain Buggy, Maxi-Cosi and Cybex. A bassinet is also available for infants. With an extendable sun-hood and a large parcel tray, this pushchair is suitable from birth up to four years.



Quinny Zapp Xtra 2

PRICE £275
WEIGHT 9KG
QUINNY.COM

WE SAY: A versatile, lightweight pushchair that can be converted into a travel system by attaching the Maxi-Cosi Pebble or CabrioFix infant car seats (adaptors are included). The pushchair seat can be positioned so that your baby faces you or faces forward. Suited to city pavements more than off-road terrain, this collapses down to a compact size, making it ideal if storage space is at a premium or your car boot isn't huge. The lockable front swivel-wheel makes it easy to manoeuvre, while the wheel suspension ensures a smooth and even ride for your little one. It comes with a sun canopy, raincover and parasol clip.



Joie Chrome Plus

PRICE £270
WEIGHT 9KG
JOIEBABY.COM

WE SAY: Suitable from birth, this pushchair is easily converted into a travel system, with no need for additional adaptors to fix the car seat onto the chassis. However, the car seat and carrycot aren't included. It's easy to change the seat position so that your baby either faces you or faces the direction of travel, and the seat can recline fully flat. It has a two-position leg rest for comfortable naps on the move. There are adjustable handles, a single-step scuff-free brake and a spacious shopping basket. There's also the extra benefit of it being ultra-compact when collapsed. Lockable front swivel wheels ensure a smooth, streamlined ride.

JAY: 'This is made out of beautiful fabric and the seat is very easy to adjust. However, I found it tricky to fold and unfold, and awkward to push, especially with one hand.' ✓✓✓✓✓

SUSANNE: 'Very stylish. The high seating position makes it great for interacting with baby. Handles well and can be pushed with one hand.' ✓✓✓✓✓

GEMMA: 'Smooth, comfortable ride but it's clunky and won't fit in my car boot. Handle isn't extendable, no raincover, and collapsing the pushchair was difficult.' ✓✓✓✓✓

JAY: 'Light enough to lift in and out of the car effortlessly, and easy to fold. Lovely to push. Easy to transition between the car seat and the pushchair.' ✓✓✓✓✓

SUSANNE: 'Light and compact but fiddly to fold/unfold. Doesn't handle well on bumpy terrain. Great for short trips or holidays but the seat and basket are both small.' ✓✓✓✓✓

GEMMA: 'Very light and compact but difficult to collapse. I found switching between the car seat and pushchair tricky, and the basket is tiny. Hood extends well.' ✓✓✓✓✓

JAY: 'Simple and intuitive to fold/unfold and compact once folded. Easy to recline and the seat seems very comfortable. Light to push but feels a bit flimsy.' ✓✓✓✓✓

SUSANNE: 'Easy to manoeuvre over any surface, even one-handed! Good size, comfy padded seat. Easy to fold/unfold. Large hood, generous basket. Sturdy and stylish.' ✓✓✓✓✓

GEMMA: 'Feels extremely sturdy but also heavy and rather cumbersome. I couldn't fold it with the seat facing me. Huge shopping basket, and hood extends well.' ✓✓✓✓✓



Silver Cross Wayfarer

PRICE £500
WEIGHT 10KG
SILVERCROSSBABY.COM

WE SAY: Included in the price of this model is the pushchair frame, seat unit, carrycot, hood and apron set, cup holder, shopping basket and rain cover. It's suitable from birth and is compatible with the Simplicity car seat (not included). The seat unit is fully reversible so your child can face you or the direction of travel, and the three-position reclining seat can be adjusted without removing your little one. The frame folds down into a square and can stand upright for easy storage and transportation. Additional features include puncture-resistant tyres, a height-adjustable handle and a generously sized shopping basket.

JAY: 'The quality is obvious in the feel of the fabric and engineering of the frame. Feels sturdy and looks beautiful, but the car seat is enormous and cumbersome to carry.' ✓✓✓✓✓

SUSANNE: 'A luxurious, beautiful frame with a roomy seat, large hood and generous basket. Sturdy but heavy to push and occupies lots of space when folded.' ✓✓✓✓✓

GEMMA: 'Stylish, plush and comfortable. I love the cup holder and nifty brake pedal, but this model is heavy, big and clunky and not compact when folded.' ✓✓✓✓✓



Baby Style Oyster 2

PRICE £299
WEIGHT 10KG
BABYSTYLE.CO.UK

WE SAY: Suitable from birth with a lay-flat seat, this can be converted into a travel system by adding the Oyster Max carrycot or a Group 0+ car seat. Lightweight and compact, it has a narrow chassis but a full-width seat, so it's handy for busy urban areas. The seat unit is reversible and the pushchair can be folded with the seat in either position. Swivelling and lockable front wheels offer good manoeuvrability, and independent cantilever suspension across all four wheels makes light work of bumpier terrain. The footrest is adjustable, and this model comes with an extendable hood and sun canopy with integral UV sunshade.

JAY: 'Easy to fold up, even with the seat unit in place, although the bumper bar has to be removed. Seat seemed small and not especially comfortable.' ✓✓✓✓✓

SUSANNE: 'A travel system with a sturdy frame which is easy to fold/unfold. But attaching the car seat to the frame is fiddly. The car seat doesn't have ISOFIX fittings.' ✓✓✓✓✓

GEMMA: 'This is lightweight and the seat position is easy to adjust. It folds down easily, so it's great on public transport. And it's manoeuvrable with one hand.' ✓✓✓✓✓



Mamas and Papas Armadillo Flip

PRICE £399
WEIGHT 9KG
MAMASANDPAPAS.COM

WE SAY: Patented technology makes this possible to fold and open easily in seconds with one hand. The seat can be positioned to face you or the direction of travel, and it can be collapsed with the seat in either position. This pushchair is billed as having the world's most compact fold, yet the seat is fully reclinable as well as big and roomy, with an adjustable leg rest. The carrycot and car seat adaptors are available separately. It's suitable from birth up to four years. Lockable swivel wheels ensure good manoeuvrability, and the wheels can be removed for easy storage.

JAY: 'Lovely and flexible. It's so intuitive to use. Brilliant folding mechanism that can be activated easily with just one hand, making it easy to lift into the car.' ✓✓✓✓✓

SUSANNE: 'This handles most surfaces well. The adjustable leg rest accommodates taller children well. Compact and easy to fold with a huge hood and sizeable basket.' ✓✓✓✓✓

GEMMA: 'Incredibly simple to fold/unfold with the seat in either position, and extremely light and compact when folded. Great in pretty much every way. I loved it!' ✓✓✓✓✓

What To Buy Next...

M&B's pick of cool *and* useful stuff to make the most of your travel system



TRUNKI 'YONDI' HEAD AND NECK SUPPORT

A cute and cosy travel pillow with a microbead filling. It connects gently underneath the chin with hidden magnets to provide support for the head and neck. This helps to stop the head from lolling forward during naps on the go. You can safely attach a favourite blanket via the Trunki grip.

£12.99, trunki.co.uk



GOLDBUG MUMMY-CLIP

This clever little carabiner-style clip attaches easily to your pushchair handles. It gives you a handy hook to hang your bags on, leaving your hands free.

£10, amazon.co.uk



BLANKET

Perfect for spring walks when you are unsure what the weather holds. This colourful knitted blanket will keep your baby snug.

£39.95, mamasandpapas.com

BUGGYSNUGGLE FOOTMUFF

A footmuff is a must for keeping tiny toes cosy when out and about in a pushchair. This is super-soft and made from machine-washable fleece.

£45, buggysnuggle.com



SNOOZESHADE

A portable sunshade and baby sleep aid that fits all popular Group 0 and 0+ car seats with rigid carry handles. The SnoozeShade provides high-level sun protection. It also blocks out light and distractions, helping babies sleep on the move.

£29.99, snoozeshade.com



CHANGING CLUTCH

This stylish, practical and compact changing clutch opens out into a generous 48cm x 70cm wipe-clean changing mat with a padded headrest. It will also hold a packet of baby wipes and three nappies. With a nifty attach-to-anything handle, it's a neat way to travel light yet have the essentials with you.

£15.99, tomy.co.uk

"A lightweight, compact,
transportable buggy"

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Baby Food



Our mums said:

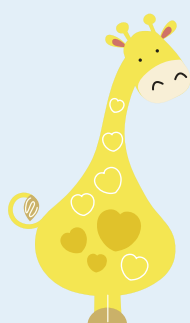
"They come with a handy twist lid so you can save half for later – great for when you're away from home"

Toddler Snacks



Our mums said:

"My son loves the oaty bars. We always take them when we're going somewhere"



Announcing your winners in the 2015 Tesco Mums' Choice Awards

From the nappies that never leak to the food that tempts the fussiest taste buds, find out which brands and products Tesco mums voted for as their favourites. Here are some of the winners – you can see them all at tesco.com/babyclub!



Mums'
Choice
Awards 2015

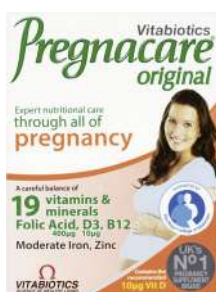
Toddler Milk



Our mums said:

"We tried Aptamil as it has lots of Omegas – and she loved it"

Health Essential



Our mums said:

"I felt I had more energy than previous pregnancies – hair, skin and nails were perfect"

Beauty Essential



Our mums said:

"Great for make-up removal but also freshening up at any time of day!"

You can see all the 2015 Mums' Choice Awards winners

Nappies



Our mums said:
"No leaks, no nappy-rash symptoms and the colour-change strip allows you to keep on top of changing"



Our mums said:
"They are a really good fit and last all night"



Our mums said:
"They stay put on wriggly babies and active toddlers and absorb well"



Bath-time Toiletries



Our mums said:
"Johnson's Baby is kind to my baby's skin and good value"

Nappy Cream



Our mums said:
"It really is the best – I've tried others and there is nothing as effective as this"

Changing Bag Must-have



Our mums said:
"Tesco muslin cloths are a must-have on the go when you have a sick, windy baby"

Baby Wipes



Our mums said:
"They're kinder to my little boy's skin and effective at wiping away mess"

Toddler Wipes



Our mums said:
"Great for toilet training or to clean up sticky hands when out and about"

Baby Health



Our mums said:
"Every home that has a child always needs Calpol"

and highly commended products at [tesco.com/babyclub](https://www.tesco.com/babyclub)



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UK Health Departments recommend mothers take a supplement containing **10mcg of vitamin D** during breast-feeding, and a healthy diet rich in calcium.

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¹Pregnacare® contains iron which contributes to a reduction of tiredness and fatigue. ²For more information on this research, please visit www.pregnacare.com/mostrecommended. ³UK Health Departments recommend mothers take a supplement containing 10mcg vitamin D during breast-feeding, and a healthy diet rich in calcium. ⁴A beneficial effect is obtained with a daily intake of 200mg of DHA in addition to the recommended daily intake of 250mg of DHA/EPA for adults. Do not exceed a supplemental daily intake of 5g DHA/EPA combined. *UK independent sales value data IRI 52 w/e 6th Sept, 2014



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MUNCHKIN DELUXE FRESH FOOD FEEDER

'This holds food in a mesh bag which your baby then sucks on. It's great for mums who worry about their baby choking on finger food. Leela wasn't keen on it, though. It was also difficult to clean.'

✓✓✓✓✓
£3.99, munchkin.com

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ANNABEL KARMEL BY NUK SNACK POT

'This is ideal for snacks and feeding small chunks. Leela easily got her hand through the lid to grab food, and the rest didn't spill out, even when she tipped the pot upside down.'

✓✓✓✓✓ £5.99, nuk.co.uk

Focus On... Less Mess At Mealtimes

Products to help when your baby is weaning



CLARE JAMES, MUM TO LEELA, 8 MONTHS, SAYS

'I'm weaning Leela onto solids, using as much finger food as possible. Meals can be very messy, so I'm looking for products that will reduce the time I spend clearing up!'



TUMTUM MEGA-SIZE MAT

'This mat gives excellent coverage, as it's a good size. But it's too easy to pull off the table, taking the food and bowl with it. I think it would be better for older children.'

✓✓✓✓✓
£5, tumtums.com

BROTHER MAX CATCH AND FOLD BIB

'Food is caught in the bib's 'crumb catcher'. After use, the bib folds over to keep the mess contained. The fastener isn't adjustable, so it was too big on Leela. But I found it useful on days out for containing mess and cutlery until I got home.'

✓✓✓✓✓
£5.99 for two, brothermax.com



If your child is particularly messy, ditch bibs and go for a smock. Ones with long sleeves and elasticated cuffs are great when out-and-about



Encourage baby to clean herself by giving her a wet flannel

PHIL&TEDS POPPY HIGHCHAIR

'There are no joins or seams on this highchair where food could get lodged. Plus, the tray can go in the dishwasher. The straps were too big for Leela, even at their tightest setting, so they fell off her shoulders. Also, the footplate isn't adjustable. But it's a stylish highchair that's much quicker to clean after meals than the one I have at home.'

✓✓✓✓✓
£84.99, philandteds.com

VITAL BABY UNBELIEVABOWL

'Suction prevents this bowl being tipped up or knocked off the table but it only sticks to smooth surfaces. It's a good size with high sides to reduce spillages. It's easy to clean too. The handles on the bowl did encourage Leela to try and pull it off, though.'

✓✓✓✓✓
£4.99, vitalbaby.co.uk



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Mother & Baby

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KIDDYLICIOUS[®] – Introducing the NEW Wafers from Kiddylicious.

Kiddylicious Wafers are an ideal first finger food from 6 months or weaning. Made with rice flour, real fruit or vegetable powders and significantly less sugar than other rusks. Our gluten free Wafers are light in texture and dissolve easily providing subtle first tastes for baby. Mums tell us they love that Wafers are mess free for little ones, easy to hold and that their toddlers enjoy scooping them in their favourite yoghurts or dips.

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Find us in the baby aisle. Join us at www.kiddylicious.co.uk/join-us

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is just delicious!



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life & kids

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Give your children
equal attention to
help prevent
jealousy



Overcome Sibling Rivalry

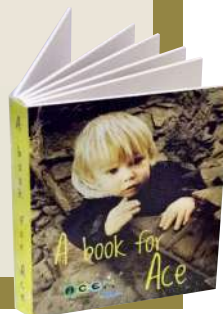
UNTIL NOW, IT was thought that children didn't develop the emotion known as schadenfreude – pleasure at someone else's misfortune – until the age of seven. But research at Israel's University of Haifa has revealed it is felt by children as young as two, which may help to explain some of your toddler's behaviour if he has a younger sibling.

Researchers worked with 35 groups, each comprising a mother, her two- or three-year-old son or daughter, and the child's friend of

the same age. Each group was observed in two situations. In the first, the mother read a book for two minutes before 'accidentally' spilling a glass of water on it. In the second, she read the book aloud to her child's friend, who was sitting on her knee, before spilling the water – and the sons and daughters showed signs of happiness.

Schadenfreude is thought to develop as a result of competition over limited resources, such as the struggle between two siblings for

parental attention. You can help reduce a sibling's jealousy towards a new baby by reassuring him he received the same level of care when he was a baby. Do this by showing him photos of him being cuddled and fed. You could have them printed in a book for maximum effect. We like the ones from photostoriesforlittlepeople.com, from £15 (right).



Fresh Food For The Family

Nutritional therapist Amelia Freer serves up food to give you and your baby a boost



25
mins

THESE FAMILY FAVOURITES

have had a super-healthy makeover so they're great for you and your baby. We've used a few ingredients that might be new to you, but have also suggested options you can use instead.



Recipes adapted from *Eat, Nourish, Glow* by Amelia Freer (£16.99, HarperThorsons). Photography by Ali Allen.

Chicken Nuggets With Mango & Avocado Salsa

'Here's a healthy version of chicken nuggets that everyone will enjoy,' says nutritional therapist Amelia Freer. 'Throw in a good measure of childhood nostalgia and enjoy.'

SERVES 2-3

WHAT YOU NEED

- > 2 skinless chicken breasts, cut into cubes
- > 250ml coconut milk (or natural yoghurt)
- > 115g coconut flour (or plain flour)
- > ½ tsp ground cumin
- > ½ tsp turmeric powder
- > ½ tsp ground coriander
- > 75g desiccated coconut
- > Pinch of salt

20
mins

- > 1 tbsp coconut oil, melted (or vegetable oil)
- > Large lettuce leaves from an iceberg or cos lettuce

SALSA:

- > 1 avocado, peeled, stoned and cut into small cubes
- > 1 mango, peeled, stoned and cut into small cubes
- > 15g fresh coriander, torn
- > 1 red onion, peeled and finely diced
- > 1 red chilli, finely diced (optional)
- > 2 tbsp coconut aminos (available at amazon.com) (or use 1 tbsp soy sauce).

HOW TO COOK

1. Put the chicken cubes in a bowl with the coconut milk (or yoghurt) and refrigerate for 30 minutes.

2. Prepare the mango salsa by combining the avocado, mango, coriander, onion and chilli, if using, together in a bowl and pouring over the coconut aminos (or soy sauce). Place in the fridge until needed later.

3. Preheat the oven to 180°C/Gas mark 4. Put the flour and spices in a bowl and put the desiccated coconut on a plate. Take a chicken cube, roll it in the spiced flour, then roll it in the desiccated coconut until it is well coated, then put it on a baking tray. Repeat with the remaining chicken cubes.

4. Pour the melted coconut oil (or vegetable oil) over the chicken and bake in the oven for 15 minutes, or until the chicken is cooked through, golden brown and crispy.

5. Place a spoonful of mango salsa onto a lettuce leaf, add a few chicken nuggets, then fold in the sides of the lettuce to enclose it, so you can eat it like a sandwich. While your baby might not be inclined to eat the lettuce, he might try a nibble. It will help him recognise the salad leaf as a food and, hopefully, he'll be more likely to give it a try the next time he's given it as part of his meal.

- **Purée:** Blend the chicken with hot water or breast milk.
- **Finger food:** Chop the chicken into pieces and add a little salsa.
- **Pregnancy:** Chicken is an excellent source of protein, which is vital for you and your bump.



Simple Chicken & Chips

'This is quick, easy, adaptable and, to me, the epitome of comfort food,' says Amelia. 'I love to take the unhealthy foods from cookbooks and switch the ingredients to make a healthier version. It's one of the best parts of my job. I hope you'll enjoy making this for yourself, for your kids, or as a Sunday special lunch for friends and family. It's a completely no-fail recipe that's a staple in my home.'

SERVES 2**WHAT YOU NEED**

- > 1 chicken breast, cut into 6 thin strips
- > 1-2 red chillies, finely chopped (optional)
- > 1 large garlic clove, minced
- > Juice and zest of 1 lemon
- > 2 tbsp unflavoured coconut oil, (or use olive oil) plus a little extra for the chicken
- > 1 sweet potato, peeled and shredded into thin sticks with a mandolin (a device for finely chopping vegetables) or chopped into very fine shreds
- > 2 tsp paprika
- > Sea salt
- > Freshly ground black pepper

HOW TO COOK

1. Put the chicken strips, chillies (if using), garlic, lemon juice and zest in a large bowl and mix well. Cover and leave to marinate in the fridge for as long as possible (I often don't have time and just cook it immediately but it's better to leave overnight or for at least 30 minutes). If you are leaving it for longer than 3 hours, add a little coconut oil (or olive oil).

2. Heat 1 tablespoon of oil in a frying pan over a medium heat. Add the potato sticks and fry, turning continuously. Because they're so fine, they can easily burn quickly, so keep an eye on them. Once browned on all sides and crisp, put them on a plate and cover with kitchen paper.

3. Using the same pan, heat a little more oil, then add the chicken strips and fry on each side until golden and cooked. Turn off the heat, add 2 tablespoons of water and cover with a lid. This allows the chicken to cool slowly without getting dry.

4. Serve. For adults, add a green salad.

- **Purée:** Blend the chicken with hot water or breast milk.
- **Finger food:** Serve up a little of the chicken and sweet potato.
- **Pregnancy:** Sweet potatoes are packed with vitamin A to boost the growth of your baby.

Baked Apples With Vanilla Coconut cream

15
mins

'Apples are a brilliant source of probiotics, which help good bacteria thrive in the gut,' says Amelia. 'The majority of our immune system resides in our gut – it's the headquarters of the whole system. Add a dollop of vanilla coconut cream to the apples for a tasty treat.'

SERVES 4

WHAT YOU NEED

- > 4 organic apples, peeled and chopped into bite-sized cubes
- > 1 tsp ground cinnamon
- > 1 tsp vanilla extract
- > 2 x 400g tins coconut milk, cooled in the fridge for 3 hours minimum

HOW TO COOK

1. Preheat the oven to 150°C/gas mark 2.
2. Place the apples in a heavy, ovenproof dish and sprinkle with the cinnamon and a little water. Bake in the oven for 15 minutes until soft.
3. While the apples are cooking, remove the creamy top part of the coconut milk from the tins and place in a bowl. Add the vanilla and whisk until smooth and creamy. Keep in the fridge until ready to serve.
4. To serve, divide the cooked apple between four dishes and top each portion with a dollop of cream.



- **Purée:** Blend a little apple with the coconut cream.
- **Finger food:** Let your baby tuck into pieces of the apple.
- **Pregnancy:** Eating apples while pregnant may reduce the chance of your child developing asthma.



Fruit & Herb Ice Cubes

'These are a fun way to liven up water and make it fun, flavoured and colourful,' says Amelia. 'Kids love them. I like to make them with coconut water but they work well with filtered water too. You can use whole berries or citrus fruit cut into small quarters. Just be creative and have

fun. I also freeze cooled herbal teas – chai, rooibos and green teas are particularly good for this.'

Try combinations of lime and basil, mango and mint, orange and rosemary or raspberry and basil. To make, place a fruit slice and herb leaf into an ice-cube tray, then fill with water and freeze.

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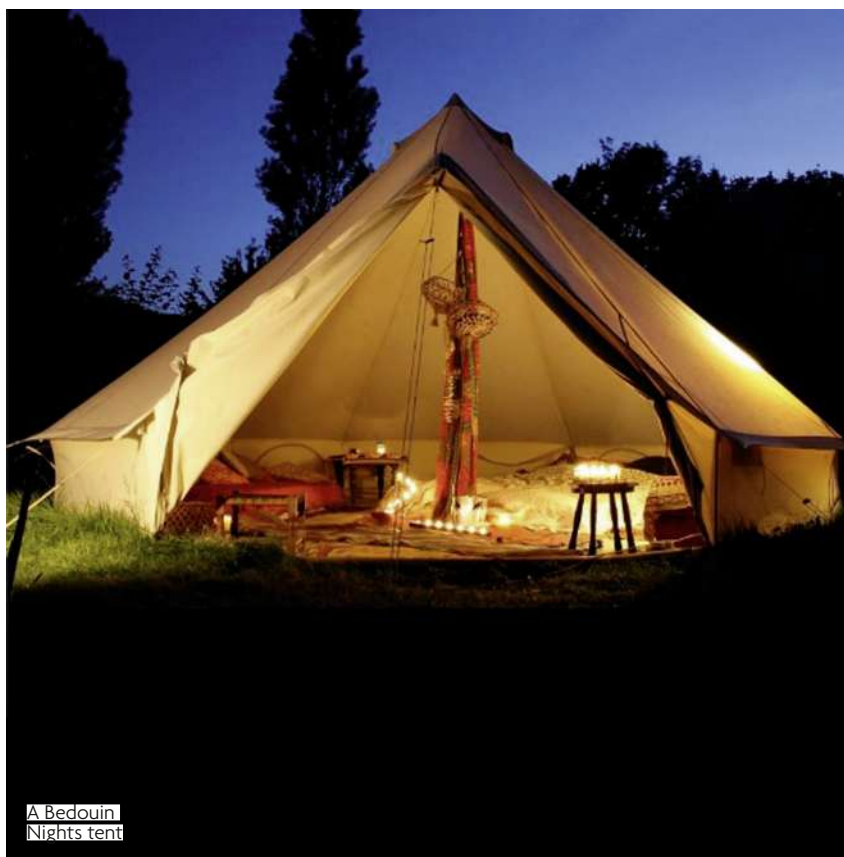


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The Posh Camping Trip

RACHEL LIDDLE ENJOYED GLAMPING WITH BEDOUIN NIGHTS AT TREVALGAN TOURING PARK IN ST IVES, CORNWALL

If you want some uninterrupted downtime where you can attempt proper conversation with your other half, try camping with a difference. Glamping (glamorous camping) brings you the Zen of being close to nature but the reassurance that someone else has put up a very fancy tent on your behalf.

We tested out Bedouin Nights, a company which will put up a bunting-clad bell tent on a pitch at any campsite in Cornwall. The tent was surprisingly roomy with a bouncy king-size air bed, complete with proper duvet and pillow, as a centrepiece. With fairy lights and lanterns dotted around, a private picnic table for two and a portable barbecue outside, it's great for a romantic break.



Our well-equipped campsite, Trevalgan Touring Park on the outskirts of St Ives, had plenty of facilities, including powerful showers, hairdryers, washing facilities and a baby bath area. So, if you're making a family weekend of it, you can avoid the dragged-through-a-bush camping look.

While in-tent basics were provided by Bedouin Nights, we found plenty of fresh, local food nearby. Heading into town, you have the option of taking the bus that stops at the campsite or enjoying the stunning Cornish coastline with a cliff-top walk. There were plenty of must-eats to fit into our weekend. Fish and chips from the wrapper, a proper Cornish pasty on the go, creamy Cornish ice cream and classic fudge. For more sophisticated dining, head to the award-winning Porthminster Beach Cafe for great seafood. And,

if you are staying kid-free, don't miss out on a visit to the Sloop Inn for some delicious scrumpy on the pub-front picnic benches facing the bay.

St Ives has a brilliant local art scene that it's justifiably proud of, with its own Tate gallery and the must-visit Barbara Hepworth museum, where you can see the celebrated artist's sculptures in her garden.

And who knows, after a break for just the two of you, it could be well worth returning with your brood to build sandcastles on the beach, introduce them to a bit of culture and have a magical camping experience for you all.

HOW MUCH? Bell tent hire from Bedouin Nights costs from £180 for one to three nights. Trevalgan Touring Park costs from £16 for a non-serviced pitch and £5.50 per adult on a per night basis (under-tuos stay for free).

BOOK IT! bedouin-nights.co.uk, trevalgantouringpark.co.uk ■

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Familymoons are becoming increasingly popular with newly blended families

Familymoons Are In!

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There's a great financial bonus too. 'When children are under two

years, they can travel on laps so it's far more affordable than paying extra for a seat,' says Susanna.

What's more, this doesn't compromise an idyllic destination. 'Mauritius is our most popular destination for familymoons. There's plenty of childcare, with kids' clubs and nurseries to choose from in the resorts. Couples can be romantic *and* know their children are being looked after.' Visit exceptional-travel.com

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If you're a fan of country walks, the LittleLife Adventurer Carrier lets you take your toddler too without having to use a pushchair over more rugged terrain. The new 'pick up and go' carrier enables parents and their children to get active by exploring the UK's great outdoors together. A comfortable hip belt takes the strain off your back, while an anatomically shaped child seat provides extra comfort. Kick-out legs keep it stable when you're positioning your child in it. And it folds up flat when not in use, so takes up little space for storage. £99.99, littlilife.co.uk

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